



### 3. Nikolauslauf Hofbieber

Hofbieber / 10.12.2017

#### Detailed evaluation

**POLKE, Sebastian**

Club: alex's little running club

Number: 73

Course: 6.12 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 34:15

Speed: 10.51 km/h

Running performance: 5:36 min/km

Rank in course/Total: 27 (of 125)

Rank in course/Men: 21 (of 67)

Best time in course: 26:07

Rank in category: 2(of 13)

Best time in the category: 29:28