



3. Nikolauslauf Hofbieber

Hofbieber / 10.12.2017

Detailed evaluation

RUPPEL, Rafael

Club: SV Gelnhausen

Number: 85

Course: 6.12 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 34:31

Speed: 10.43 km/h

Running performance: 5:38 min/km

Rank in course/Total: 28 (of 125)

Rank in course/Men: 22 (of 67)

Best time in course: 26:07

Rank in category: 1(of 7)

Best time in the category: 34:31