



## 3. Nikolauslauf Hofbieber

Hofbieber / 10.12.2017

### Detailed evaluation

**HAINER, Jan**

Club: TLV-LT Eichenzell

Number: 34

Course: 6.12 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 39:01

Speed: 9.23 km/h

Running performance: 6:23 min/km

Rank in course/Total: 53 (of 125)

Rank in course/Men: 42 (of 67)

Best time in course: 26:07

Rank in category: 3(of 7)

Best time in the category: 34:31