



## 3. Nikolauslauf Hofbieber

Hofbieber / 10.12.2017

### Detailed evaluation

**FRIEDERICHS, Hans**

Club: alex's little running club

Number: 27

Course: 6.12 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 39:41

Speed: 9.07 km/h

Running performance: 6:29 min/km

Rank in course/Total: 63 (of 125)

Rank in course/Men: 45 (of 67)

Best time in course: 26:07

Rank in category: 4(of 7)

Best time in the category: 26:51