



## 2. Nikolauslauf Grünberg

Grünberg / 02.12.2018

### Detailed evaluation

**Rainer, Leo**

Club: alex's little running club

Number: 153

Course: 6.12 km

Hauptlauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 34:04

Speed: 10.57 km/h

Running performance: 5:34 min/km

Rank in course/Total: 13 (of 46)

Rank in course/Women: 4 (of 28)

Best time in course: 25:29

Rank in category: 2(of 3)

Best time in the category: 31:09