



2. Nikolauslauf Grünberg  
Grünberg / 02.12.2018

Detailed evaluation

Wingefeld, Marc

Club: Alsfeld  
Number: 151

Course: 6.12 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 35:17

Speed: 10.20 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 16 (of 46)

Rank in course/Men: 11 (of 18)

Best time in course: 26:16

Rank in category: 1(of 2)

Best time in the category: 35:17