



2. Nikolauslauf Grünberg

Grünberg / 02.12.2018

Detailed evaluation

Reekers, Thomas

Club: VfL Rüdesheim

Number: 40

Course: 6.12 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 30:31

Speed: 11.80 km/h

Running performance: 4:59 min/km

Rank in course/Total: 5 (of 46)

Rank in course/Men: 4 (of 18)

Best time in course: 26:16

Rank in category: 1(of 3)

Best time in the category: 30:31