



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Schwabe, Michael

Club: Nüsttal

Number: 7

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:25

Speed: 5.96 km/h

Running performance: 9:52 min/km

Rank in course/Total: 118 (of 118)

Rank in course/Men: 60 (of 60)

Best time in course: 23:08

Rank in category: 10(of 10)

Best time in the category: 29:59