



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Mühlen, Christopher

Club: Nüsttal

Number: 26

Course: 6.12 km

Hauptlauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 29:27

Speed: 12.22 km/h

Running performance: 4:49 min/km

Rank in course/Total: 17 (of 118)

Rank in course/Men: 14 (of 60)

Best time in course: 23:08

Rank in category: 1(of 2)

Best time in the category: 29:27