



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Heßler, Jörg

Club: Hofbieber

Number: 137

Course: 6.12 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 30:06

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 21 (of 118)

Rank in course/Men: 18 (of 60)

Best time in course: 23:08

Rank in category: 3(of 11)

Best time in the category: 27:11