



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Henning, Mario

Club: Schlüchtern

Number: 39

Course: 6.12 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 30:10

Speed: 11.93 km/h

Running performance: 4:56 min/km

Rank in course/Total: 22 (of 118)

Rank in course/Men: 19 (of 60)

Best time in course: 23:08

Rank in category: 2(of 6)

Best time in the category: 30:03