



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Ruppel, Bernd

Club: Eichenzell

Number: 23

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 33:19

Speed: 10.81 km/h

Running performance: 5:26 min/km

Rank in course/Total: 34 (of 118)

Rank in course/Men: 27 (of 60)

Best time in course: 23:08

Rank in category: 3(of 10)

Best time in the category: 29:59