



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Heß, Thomas

Club: Burghaun

Number: 138

Course: 6.12 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 33:39

Speed: 10.70 km/h

Running performance: 5:30 min/km

Rank in course/Total: 38 (of 118)

Rank in course/Men: 30 (of 60)

Best time in course: 23:08

Rank in category: 4(of 6)

Best time in the category: 24:32