



## 4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

### Detailed evaluation

**Hebel, Markus**

Club: TEAM Running Rebels

Number: 5

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 33:49

Speed: 10.65 km/h

Running performance: 5:32 min/km

Rank in course/Total: 39 (of 118)

Rank in course/Men: 31 (of 60)

Best time in course: 23:08

Rank in category: 4(of 10)

Best time in the category: 29:59