



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Kadir, Rachid

Club: Hochschule Fulda

Number: 119

Course: 6.12 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 34:35

Speed: 10.41 km/h

Running performance: 5:39 min/km

Rank in course/Total: 43 (of 118)

Rank in course/Men: 35 (of 60)

Best time in course: 23:08

Rank in category: 3(of 6)

Best time in the category: 30:03