



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Wingefeld, Marc

Club: alex's little running club

Number: 94

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 34:57

Speed: 10.30 km/h

Running performance: 5:43 min/km

Rank in course/Total: 45 (of 118)

Rank in course/Men: 36 (of 60)

Best time in course: 23:08

Rank in category: 6(of 10)

Best time in the category: 29:59