



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Neumann, Falk

Club: alex's little running club

Number: 116

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 35:30

Speed: 10.14 km/h

Running performance: 5:48 min/km

Rank in course/Total: 47 (of 118)

Rank in course/Men: 37 (of 60)

Best time in course: 23:08

Rank in category: 7(of 10)

Best time in the category: 29:59