



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Jehn, Boris

Club: ASC Dillenburg

Number: 127

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 36:27

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 50 (of 118)

Rank in course/Men: 38 (of 60)

Best time in course: 23:08

Rank in category: 8(of 10)

Best time in the category: 29:59