



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Kraft, Jens

Club: TSV Wallenrod

Number: 123

Course: 6.12 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 36:50

Speed: 9.77 km/h

Running performance: 6:01 min/km

Rank in course/Total: 56 (of 118)

Rank in course/Men: 43 (of 60)

Best time in course: 23:08

Rank in category: 4(of 6)

Best time in the category: 30:03