



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Pomnitz, Manu

Club: Rasdorf

Number: 135

Course: 6.12 km

Hauptlauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 37:12

Speed: 9.68 km/h

Running performance: 6:05 min/km

Rank in course/Total: 59 (of 118)

Rank in course/Women: 15 (of 58)

Best time in course: 27:17

Rank in category: 4(of 9)

Best time in the category: 33:23