



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Rüffer, Klaus

Club: Salmünster

Number: 14

Course: 6.12 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 40:19

Speed: 8.93 km/h

Running performance: 6:35 min/km

Rank in course/Total: 76 (of 118)

Rank in course/Men: 50 (of 60)

Best time in course: 23:08

Rank in category: 1(of 1)

Best time in the category: 40:19