



4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

Detailed evaluation

Lossen, Lucas

Club: alex's little running club

Number: 96

Course: 6.12 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 41:53

Speed: 8.60 km/h

Running performance: 6:50 min/km

Rank in course/Total: 83 (of 118)

Rank in course/Men: 51 (of 60)

Best time in course: 23:08

Rank in category: 6(of 6)

Best time in the category: 30:03