



## 4. Nikolauslauf Hofbieber

Hofbieber / 09.12.2018

### Detailed evaluation

**Heinicke, Martin**

Club: Feuerwehr Wehrda

Number: 139

Course: 6.12 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 45:10

Speed: 7.97 km/h

Running performance: 7:23 min/km

Rank in course/Total: 97 (of 118)

Rank in course/Men: 55 (of 60)

Best time in course: 23:08

Rank in category: 6(of 6)

Best time in the category: 24:32