



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Flügel, Julian

Club: ART Düsseldorf

Number: 43

Course: 6.12 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 23:16

Speed: 15.47 km/h

Running performance: 3:48 min/km

Rank in course/Total: 1 (of 90)

Rank in course/Men: 1 (of 46)

Best time in course: 23:16

Rank in category: 1(of 4)

Best time in the category: 23:16