



## 5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

### Detailed evaluation

**Atzert, Ralf**

Club: TLV - LT Eichenzell

Number: 29

Course: 6.12 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 29:02

Speed: 12.40 km/h

Running performance: 4:44 min/km

Rank in course/Total: 11 (of 90)

Rank in course/Men: 10 (of 46)

Best time in course: 23:16

Rank in category: 2(of 7)

Best time in the category: 28:55