



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Glüber, Michael

Club: Laufftreff Speeketze Marbach

Number: 180

Course: 6.12 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 29:16

Speed: 12.30 km/h

Running performance: 4:47 min/km

Rank in course/Total: 12 (of 90)

Rank in course/Men: 11 (of 46)

Best time in course: 23:16

Rank in category: 3(of 7)

Best time in the category: 28:55