



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Erbes, Christian

Club: G-weg14

Number: 39

Course: 6.12 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 29:44

Speed: 12.11 km/h

Running performance: 4:52 min/km

Rank in course/Total: 13 (of 90)

Rank in course/Men: 12 (of 46)

Best time in course: 23:16

Rank in category: 3(of 4)

Best time in the category: 23:16