



## 5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

### Detailed evaluation

**Willecke, Diethlem**

Club: Papperts Laufftreff

Number: 183

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 29:50

Speed: 12.07 km/h

Running performance: 4:52 min/km

Rank in course/Total: 15 (of 90)

Rank in course/Men: 14 (of 46)

Best time in course: 23:16

Rank in category: 1(of 7)

Best time in the category: 29:50