



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Henkel, Rainer

Club: fitnessbaecker

Number: 50

Course: 6.12 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 30:09

Speed: 11.94 km/h

Running performance: 4:56 min/km

Rank in course/Total: 19 (of 90)

Rank in course/Men: 16 (of 46)

Best time in course: 23:16

Rank in category: 1(of 3)

Best time in the category: 30:09