



## 5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

### Detailed evaluation

**Janiszewski, Mike**

Club: TLV - LT Eichenzell

Number: 175

Course: 6.12 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 24:52

Speed: 14.48 km/h

Running performance: 4:04 min/km

Rank in course/Total: 2 (of 90)

Rank in course/Men: 2 (of 46)

Best time in course: 23:16

Rank in category: 1(of 7)

Best time in the category: 24:52