



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Hodes, Ernst

Club: TLV - LT Eichenzell

Number: 179

Course: 6.12 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 30:19

Speed: 12.11 km/h

Running performance: 4:57 min/km

Rank in course/Total: 20 (of 90)

Rank in course/Men: 17 (of 46)

Best time in course: 23:16

Rank in category: 2(of 3)

Best time in the category: 30:09