



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

György, Lukas

Club: Luna Tri Running

Number: 196

Course: 6.12 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 30:24

Speed: 11.84 km/h

Running performance: 4:58 min/km

Rank in course/Total: 21 (of 90)

Rank in course/Men: 18 (of 46)

Best time in course: 23:16

Rank in category: 3(of 7)

Best time in the category: 24:52