



## 5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

### Detailed evaluation

**Ruppel, Bernd**

Club: TLV-LT Eichenzell

Number: 112

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 32:24

Speed: 11.11 km/h

Running performance: 5:17 min/km

Rank in course/Total: 24 (of 90)

Rank in course/Men: 20 (of 46)

Best time in course: 23:16

Rank in category: 2(of 7)

Best time in the category: 29:50