



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Hebel, Markus

Club: TEAM Running Rebels

Number: 49

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 33:40

Speed: 10.69 km/h

Running performance: 5:30 min/km

Rank in course/Total: 28 (of 90)

Rank in course/Men: 22 (of 46)

Best time in course: 23:16

Rank in category: 4(of 7)

Best time in the category: 29:50