



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Neumann, Falk

Club: alex's little running club

Number: 69

Course: 6.12 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 33:58

Speed: 10.60 km/h

Running performance: 5:33 min/km

Rank in course/Total: 30 (of 90)

Rank in course/Men: 23 (of 46)

Best time in course: 23:16

Rank in category: 4(of 7)

Best time in the category: 28:55