



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Kirchhof, Jan

Club: alex's little running club

Number: 184

Course: 6.12 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 34:18

Speed: 10.50 km/h

Running performance: 5:36 min/km

Rank in course/Total: 31 (of 90)

Rank in course/Men: 24 (of 46)

Best time in course: 23:16

Rank in category: 3(of 6)

Best time in the category: 27:00