



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Wingefeld, Marc

Club: alex's little running club

Number: 160

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 34:26

Speed: 10.45 km/h

Running performance: 5:38 min/km

Rank in course/Total: 33 (of 90)

Rank in course/Men: 26 (of 46)

Best time in course: 23:16

Rank in category: 5(of 7)

Best time in the category: 29:50