



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Ruppel, Rafael

Club: SV Gelnhausen

Number: 113

Course: 6.12 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 25:31

Speed: 14.11 km/h

Running performance: 4:10 min/km

Rank in course/Total: 4 (of 90)

Rank in course/Men: 4 (of 46)

Best time in course: 23:16

Rank in category: 1(of 9)

Best time in the category: 25:31