



## 5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

### Detailed evaluation

Hohmeyer, Holger

Club: Goliaz

Number: 54

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 35:28

Speed: 10.15 km/h

Running performance: 5:48 min/km

Rank in course/Total: 41 (of 90)

Rank in course/Men: 31 (of 46)

Best time in course: 23:16

Rank in category: 6(of 7)

Best time in the category: 29:50