



## 5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

### Detailed evaluation

**Seufert, Silke**

Club: TLV-LT Eichenzell

Number: 117

Course: 6.12 km

Hauptlauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 36:16

Speed: 9.93 km/h

Running performance: 5:56 min/km

Rank in course/Total: 44 (of 90)

Rank in course/Women: 13 (of 44)

Best time in course: 26:47

Rank in category: 2(of 5)

Best time in the category: 35:24