



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Zehentmaier, Christoph

Club: FC Union Niederkalbach

Number: 161

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 36:35

Speed: 9.84 km/h

Running performance: 5:59 min/km

Rank in course/Total: 46 (of 90)

Rank in course/Men: 33 (of 46)

Best time in course: 23:16

Rank in category: 7(of 7)

Best time in the category: 29:50