



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Rüffer, Klaus

Club: Spessartläufer Salmünster

Number: 110

Course: 6.12 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 38:08

Speed: 9.44 km/h

Running performance: 6:14 min/km

Rank in course/Total: 55 (of 90)

Rank in course/Men: 38 (of 46)

Best time in course: 23:16

Rank in category: 3(of 3)

Best time in the category: 30:09