



## 5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

### Detailed evaluation

**Georg, Johannes**

Club: Wasserfreunde Fulda

Number: 182

Course: 6.12 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 28:51

Speed: 12.48 km/h

Running performance: 4:43 min/km

Rank in course/Total: 9 (of 90)

Rank in course/Men: 8 (of 46)

Best time in course: 23:16

Rank in category: 2(of 9)

Best time in the category: 25:31