



Dorflauf Helmscheid  
Korbach-Helmscheid / 08.06.2013

## Detailed evaluation

**Eiben, Matthias**

Club: Laufftreff Bad Arolsen  
Number: 263

Course: 10.00 km  
10,0 km Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 47:40

Speed: 12.59 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 4 (of 12)

Rank in course/Men: 3 (of 11)

Best time in course: 40:03

Rank in category: 2(of 4)

Best time in the category: 40:03