



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Nashington, Joschua

Number: 1664

Course: 10.00 km
10 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 48:50

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 54 (of 208)

Rank in course/Men: 48 (of 144)

Best time in course: 36:24

Rank in category: 3(of 19)

Best time in the category: 43:24