



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Jansen, Markus**

Club: Karben  
Number: 1451

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 49:26

Speed: 12.14 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 60 (of 208)

Rank in course/Men: 53 (of 144)

Best time in course: 36:24

Rank in category: 12(of 28)

Best time in the category: 36:24