



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Simon, Volker

Club: TSG Altenhain 1900 eV
Number: 1550

Course: 10.00 km
10 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 50:02

Speed: 11.99 km/h
Running performance: 5:00 min/km

Rank in course/Total: 68 (of 208)

Rank in course/Men: 60 (of 144)

Best time in course: 36:24

Rank in category: 9(of 15)

Best time in the category: 39:14