



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Seifert, Björn**

Club: Rony-Express-Mallorca  
Number: 1502

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 54:43

Speed: 10.97 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 108 (of 208)

Rank in course/Men: 90 (of 144)

Best time in course: 36:24

Rank in category: 8(of 12)

Best time in the category: 42:36