



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

Heilgermann, Detlef

Club: Frankfurt  
Number: 1442

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 55:43

Speed: 10.77 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 113 (of 208)

Rank in course/Men: 93 (of 144)

Best time in course: 36:24

Rank in category: 11(of 19)

Best time in the category: 43:24