



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

Hetjes, Arnd

Club: Rosbach  
Number: 1445

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 56:09

Speed: 10.69 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 118 (of 208)

Rank in course/Men: 95 (of 144)

Best time in course: 36:24

Rank in category: 13(of 16)

Best time in the category: 37:01