



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Remder, Thomas

Club: Eintracht Frankfurt Triathlon
Number: 1610

Course: 10.00 km
10 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 56:47

Speed: 10.57 km/h
Running performance: 5:41 min/km

Rank in course/Total: 123 (of 208)

Rank in course/Men: 98 (of 144)

Best time in course: 36:24

Rank in category: 12(of 19)

Best time in the category: 43:24