



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