



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Micke, Matthias

Club: Kriftel
Number: 1605

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:09

Speed: 10.50 km/h
Running performance: 5:43 min/km

Rank in course/Total: 127 (of 208)

Rank in course/Men: 100 (of 144)

Best time in course: 36:24

Rank in category: 20(of 28)

Best time in the category: 36:24