



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Witzmann, Sebastian**

Club: Frankfurt  
Number: 1526

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 57:15

Speed: 10.48 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 128 (of 208)

Rank in course/Men: 101 (of 144)

Best time in course: 36:24

Rank in category: 13(of 15)

Best time in the category: 39:14