



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Samstag, Manfred

Club: Pfungstadt
Number: 1496

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:35

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 132 (of 208)

Rank in course/Men: 103 (of 144)

Best time in course: 36:24

Rank in category: 22(of 28)

Best time in the category: 36:24