



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Grothe, Hans**

Club: Bio Runner Rhein-Main  
Number: 1436

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 57:50

Speed: 10.37 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 137 (of 208)

Rank in course/Men: 106 (of 144)

Best time in course: 36:24

Rank in category: 3(of 8)

Best time in the category: 50:01