



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Deigendesch, Volker**

Club: Karben  
Number: 1418

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 57:52

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

Rank in course/Total: 138 (of 208)

Rank in course/Men: 107 (of 144)

Best time in course: 36:24

Rank in category: 9(of 11)

Best time in the category: 41:49