



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

Lephik, Helmut

Number: 1670

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M75 (75 und älter)

Total time: 1:03:26

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 180 (of 208)

Rank in course/Men: 132 (of 144)

Best time in course: 36:24

Rank in category: 2(of 2)

Best time in the category: 52:50