



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Freund, Michael

Club: TSG Altenhain
Number: 1547

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:09:53

Speed: 8.59 km/h
Running performance: 6:59 min/km

Rank in course/Total: 201 (of 208)

Rank in course/Men: 141 (of 144)

Best time in course: 36:24

Rank in category: 28(of 28)

Best time in the category: 36:24