



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

Schöneck, Ralf

Club: Schoeneck  
Number: 1500

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:11:47

Speed: 8.36 km/h  
Running performance: 7:11 min/km

Rank in course/Total: 205 (of 208)

Rank in course/Men: 142 (of 144)

Best time in course: 36:24

Rank in category: 18(of 19)

Best time in the category: 43:24