



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Michael, Alex**

Club: Wöllstadt  
Number: 1948

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:40:44

Speed: 12.57 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 50 (of 178)

Rank in course/Men: 44 (of 139)

Best time in course: 1:12:14

Rank in category: 3(of 8)

Best time in the category: 1:12:14