



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Trautmann, Heiko**

Club: Bad Nauheim  
Number: 1926

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:40:50

Speed: 12.50 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 51 (of 178)

Rank in course/Men: 45 (of 139)

Best time in course: 1:12:14

Rank in category: 7(of 20)

Best time in the category: 1:28:59