



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Giering, Lars

Club: Bad Vilbel
Number: 1786

Course: 21.10 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:46:30

Speed: 11.89 km/h
Running performance: 5:03 min/km

Rank in course/Total: 73 (of 178)

Rank in course/Men: 65 (of 139)

Best time in course: 1:12:14

Rank in category: 16(of 19)

Best time in the category: 1:25:15