



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Abshagen, Michael**

Club: TuS Hornau  
Number: 1754

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:59:24

Speed: 10.60 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 127 (of 178)

Rank in course/Men: 108 (of 139)

Best time in course: 1:12:14

Rank in category: 18(of 23)

Best time in the category: 1:25:23