



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

Minnert, Alexander

Number: 1532

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 38:54

Speed: 15.42 km/h

Running performance: 3:53 min/km

Rank in course/Total: 9 (of 208)

Rank in course/Men: 9 (of 144)

Best time in course: 36:24

Rank in category: 4(of 28)

Best time in the category: 36:24