



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Erk, Dittmar

Club: LLT Wallernausen
Number: 1658

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 38:57

Speed: 15.40 km/h
Running performance: 3:54 min/km

Rank in course/Total: 10 (of 208)

Rank in course/Men: 10 (of 144)

Best time in course: 36:24

Rank in category: 5(of 28)

Best time in the category: 36:24