



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Mascolino, Emanuele**

Club: Frankfurt  
Number: 1609

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 42:22

Speed: 14.16 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 25 (of 208)

Rank in course/Men: 22 (of 144)

Best time in course: 36:24

Rank in category: 3(of 15)

Best time in the category: 39:14