



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Wittstock, Jürgen

Club: ASC Marathon Friedberg
Number: 1640

Course: 10.00 km
10 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 43:19

Speed: 13.85 km/h
Running performance: 4:20 min/km

Rank in course/Total: 31 (of 208)

Rank in course/Men: 28 (of 144)

Best time in course: 36:24

Rank in category: 2(of 11)

Best time in the category: 41:49