



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Strampe, Carsten**

Club: Imago Technologies  
Number: 1507

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 43:24

Speed: 13.82 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 32 (of 208)

Rank in course/Men: 29 (of 144)

Best time in course: 36:24

Rank in category: 1(of 19)

Best time in the category: 43:24