



# 7. Lauf Rund um das Schaubergwerk Röhrigschacht Sangerhausen / 28.03.2015

## Detailed evaluation

**Karnahl, Eckhard**

Club: Gerbstedt

Number: 376

Course: 14.60 km

14,6 km Lauf - Steigerschleife

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:27:08

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 97 (of 136)

Rank in course/Men: 46 (of 116)

Best time in course: 56:36

Rank in category: 6(of 16)

Best time in the category: 1:16:54