



27. Karbener Stadtlauf
Klein-Karben / 07.08.2016

Detailed evaluation

Heiss, Matthias

Club: Gelnhausen

Number: 2741

Course: 10.00 km

10 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 52:38

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 73 (of 157)

Rank in course/Men: 62 (of 114)

Best time in course: 33:33

Rank in category: 7(of 9)

Best time in the category: 43:46