



27. Karbener Stadtlauf  
Klein-Karben / 07.08.2016

Detailed evaluation

Hesse, Christian

Club: oberauer Schneckenpower  
Number: 2738

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:39

Speed: 11.18 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 82 (of 157)

Rank in course/Men: 68 (of 114)

Best time in course: 33:33

Rank in category: 7(of 15)

Best time in the category: 39:36