



27. Karbener Stadtlauf  
Klein-Karben / 07.08.2016

Detailed evaluation

Kania, Adam

Club: Kool Runnings

Number: 2726

Course: 10.00 km

10 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 57:04

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 94 (of 157)

Rank in course/Men: 74 (of 114)

Best time in course: 33:33

Rank in category: 10(of 16)

Best time in the category: 33:33