



27. Karbener Stadtlauf  
Klein-Karben / 07.08.2016

Detailed evaluation

Janoske, Rene

Club: Niederdorfelden  
Number: 2612

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 57:36

Speed: 10.42 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 100 (of 157)

Rank in course/Men: 79 (of 114)

Best time in course: 33:33

Rank in category: 11(of 16)

Best time in the category: 33:33