



27. Karbener Stadtlauf
Klein-Karben / 07.08.2016

Detailed evaluation

Hermann, Udo

Club: Köln

Number: 2609

Course: 10.00 km

10 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 57:51

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 101 (of 157)

Rank in course/Men: 80 (of 114)

Best time in course: 33:33

Rank in category: 8(of 15)

Best time in the category: 39:36