



27. Karbener Stadtlauf
Klein-Karben / 07.08.2016

Detailed evaluation

Mbida, Michel

Club: Offenbach

Number: 2716

Course: 10.00 km

10 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:41

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 119 (of 157)

Rank in course/Men: 92 (of 114)

Best time in course: 33:33

Rank in category: 13(of 15)

Best time in the category: 39:36