



27. Karbener Stadtlauf
Klein-Karben / 07.08.2016

Detailed evaluation

Förster, Manfred

Club: Ockstadt

Number: 2591

Course: 10.00 km

10 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 43:37

Speed: 13.76 km/h

Running performance: 4:22 min/km

Rank in course/Total: 14 (of 157)

Rank in course/Men: 11 (of 114)

Best time in course: 33:33

Rank in category: 1(of 11)

Best time in the category: 43:37