



27. Karbener Stadtlauf
Klein-Karben / 07.08.2016

Detailed evaluation

Giering, Lars

Club: ASV Bautzen
Number: 2600

Course: 10.00 km
10 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:46

Speed: 13.71 km/h
Running performance: 4:23 min/km

Rank in course/Total: 16 (of 157)

Rank in course/Men: 13 (of 114)

Best time in course: 33:33

Rank in category: 1(of 9)

Best time in the category: 43:46