



27. Karbener Stadtlauf  
Klein-Karben / 07.08.2016

Detailed evaluation

Paspiech, Damian

Club: Wöllstadt  
Number: 2699

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 46:38

Speed: 12.87 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 27 (of 157)

Rank in course/Men: 22 (of 114)

Best time in course: 33:33

Rank in category: 2(of 9)

Best time in the category: 43:46