



27. Karbener Stadtlauf
Klein-Karben / 07.08.2016

Detailed evaluation

Mainert, Ingo

Club: SG Ober Erlenbach
Number: 2696

Course: 10.00 km
10 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 46:40

Speed: 12.86 km/h
Running performance: 4:40 min/km

Rank in course/Total: 28 (of 157)

Rank in course/Men: 23 (of 114)

Best time in course: 33:33

Rank in category: 3(of 20)

Best time in the category: 45:11