



27. Karbener Stadtlauf  
Klein-Karben / 07.08.2016

Detailed evaluation

**Karnick, Alex**

Club: Frankfurt  
Number: 2613

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 48:38

Speed: 12.34 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 38 (of 157)

Rank in course/Men: 32 (of 114)

Best time in course: 33:33

Rank in category: 3(of 9)

Best time in the category: 43:46