



28. Karbener Stadtlauf
Klein-Karben / 13.08.2017

Detailed evaluation

Sturm, Alexander

Club: vFB Friedberg
Number: 454

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 46:30

Speed: 12.90 km/h
Running performance: 4:39 min/km

Rank in course/Total: 43 (of 205)

Rank in course/Men: 40 (of 134)

Best time in course: 33:11

Rank in category: 5(of 18)

Best time in the category: 42:44