



28. Karbener Stadtlauf
Klein-Karben / 13.08.2017

Detailed evaluation

Friedrich, Hagen

Club: Karben
Number: 2861

Course: 10.00 km
10 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 55:36

Speed: 10.79 km/h
Running performance: 5:34 min/km

Rank in course/Total: 104 (of 205)

Rank in course/Men: 79 (of 134)

Best time in course: 33:11

Rank in category: 11(of 17)

Best time in the category: 43:04