



28. Karbener Stadtlauf
Klein-Karben / 13.08.2017

Detailed evaluation

Mees, Rüdiger

Number: 2858

Course: 10.00 km
10 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 56:35

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 115 (of 205)

Rank in course/Men: 86 (of 134)

Best time in course: 33:11

Rank in category: 6(of 8)

Best time in the category: 39:26