



28. Karbener Stadtlauf
Klein-Karben / 13.08.2017

Detailed evaluation

JAUSEL, Heiko

Club: SV Rosbach
Number: 2784

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:44

Speed: 10.58 km/h
Running performance: 5:40 min/km

Rank in course/Total: 119 (of 205)

Rank in course/Men: 89 (of 134)

Best time in course: 33:11

Rank in category: 11(of 18)

Best time in the category: 42:44