



28. Karbener Stadtlauf  
Klein-Karben / 13.08.2017

Detailed evaluation

**Förster, Manfred**

Club: Ockstadt

Number: 2923

Course: 10.00 km

10 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 42:52

Speed: 14.00 km/h

Running performance: 4:17 min/km

Rank in course/Total: 21 (of 205)

Rank in course/Men: 20 (of 134)

Best time in course: 33:11

Rank in category: 1(of 16)

Best time in the category: 42:52