



28. Karbener Stadtlauf  
Klein-Karben / 13.08.2017

Detailed evaluation

**GIERING, Lars**

Club: ASV Bautzen  
Number: 2772

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 43:49

Speed: 13.69 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 28 (of 205)

Rank in course/Men: 27 (of 134)

Best time in course: 33:11

Rank in category: 6(of 19)

Best time in the category: 33:11