



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Grolik, Bjoern

Club: Frankfurt

Number: 1109

Course: 5.30 km

Jedermannlauf

Category:

Männer

Total time: 25:40

Speed: 11.69 km/h

Running performance: 4:50 min/km

Rank in course/Total: 10 (of 44)

Rank in course/Men: 10 (of 24)

Best time in course: 19:45

Rank in category: 10(of 24)

Best time in the category: 19:45