



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Zions, Franck

Club: TV Rendel

Number: 1501

Course: 10.00 km

10 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:39

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 62 (of 146)

Rank in course/Men: 59 (of 111)

Best time in course: 35:06

Rank in category: 12(of 22)

Best time in the category: 41:53