



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Kierspel, Frank

Club: Frankfurt Main  
Number: 840

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 50:28

Speed: 11.89 km/h  
Running performance: 5:03 min/km

Rank in course/Total: 70 (of 146)

Rank in course/Men: 64 (of 111)

Best time in course: 35:06

Rank in category: 13(of 22)

Best time in the category: 41:53