



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Friedrich, Hagen

Club: Frankfurt Main
Number: 814

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:35

Speed: 11.86 km/h
Running performance: 5:04 min/km

Rank in course/Total: 72 (of 146)

Rank in course/Men: 66 (of 111)

Best time in course: 35:06

Rank in category: 14(of 22)

Best time in the category: 41:53