



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Lischewski, Johann

Club: Bad Vilbel

Number: 743

Course: 10.00 km

10 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 50:54

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 74 (of 146)

Rank in course/Men: 68 (of 111)

Best time in course: 35:06

Rank in category: 4(of 9)

Best time in the category: 46:42