



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Heilmann, Thomas

Club: Rödermark  
Number: 698

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 51:26

Speed: 11.67 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 79 (of 146)

Rank in course/Men: 72 (of 111)

Best time in course: 35:06

Rank in category: 8(of 10)

Best time in the category: 39:15