



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Neumann, Frank

Club: Frankfurt  
Number: 725

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:03

Speed: 11.31 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 84 (of 146)

Rank in course/Men: 75 (of 111)

Best time in course: 35:06

Rank in category: 17(of 22)

Best time in the category: 41:53