



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Müller, Frank

Club: Wiesbaden
Number: 821

Course: 10.00 km
10 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 53:48

Speed: 11.15 km/h
Running performance: 5:23 min/km

Rank in course/Total: 87 (of 146)

Rank in course/Men: 77 (of 111)

Best time in course: 35:06

Rank in category: 9(of 15)

Best time in the category: 40:30