



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Hartmann, Frank

Club: Bad Vilbel  
Number: 803

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 54:40

Speed: 10.98 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 93 (of 146)

Rank in course/Men: 80 (of 111)

Best time in course: 35:06

Rank in category: 10(of 15)

Best time in the category: 40:30