



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Henkel, Heinz-Dieter

Club: ASV Rauschenberg
Number: 741

Course: 10.00 km
10 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 54:44

Speed: 10.96 km/h
Running performance: 5:28 min/km

Rank in course/Total: 94 (of 146)

Rank in course/Men: 81 (of 111)

Best time in course: 35:06

Rank in category: 10(of 12)

Best time in the category: 43:44