



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Engelke, Hans

Club: Bad Vilbel
Number: 737

Course: 10.00 km
10 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 56:30

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 104 (of 146)

Rank in course/Men: 87 (of 111)

Best time in course: 35:06

Rank in category: 11(of 12)

Best time in the category: 43:44