



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Grothe, Hans

Club: Bio Runner Rhein-Main  
Number: 745

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 56:36

Speed: 10.60 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 106 (of 146)

Rank in course/Men: 88 (of 111)

Best time in course: 35:06

Rank in category: 6(of 9)

Best time in the category: 46:42