



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Heim, Thomas

Club: Spiridon Frankfurt  
Number: 795

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 58:39

Speed: 10.23 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 117 (of 146)

Rank in course/Men: 95 (of 111)

Best time in course: 35:06

Rank in category: 8(of 9)

Best time in the category: 46:42