



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Gräf, Ingo

Club: Friseur Gräf  
Number: 786

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 59:16

Speed: 10.12 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 122 (of 146)

Rank in course/Men: 97 (of 111)

Best time in course: 35:06

Rank in category: 12(of 15)

Best time in the category: 40:30