



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Lepnik, Helmut

Club: Karben
Number: 815

Course: 10.00 km
10 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:05:20

Speed: 9.18 km/h
Running performance: 6:32 min/km

Rank in course/Total: 131 (of 146)

Rank in course/Men: 104 (of 111)

Best time in course: 35:06

Rank in category: 3(of 3)

Best time in the category: 58:57