



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Bleek, Carsten

Club: Frankfurt am Main
Number: 712

Course: 10.00 km
10 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:09:43

Speed: 8.61 km/h
Running performance: 6:58 min/km

Rank in course/Total: 133 (of 146)

Rank in course/Men: 106 (of 111)

Best time in course: 35:06

Rank in category: 13(of 15)

Best time in the category: 40:30