



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Benner, Olaf

Club: TSG Altenhain
Number: 847

Course: 10.00 km
10 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:12:57

Speed: 8.22 km/h
Running performance: 7:18 min/km

Rank in course/Total: 138 (of 146)

Rank in course/Men: 108 (of 111)

Best time in course: 35:06

Rank in category: 14(of 15)

Best time in the category: 40:30