



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Flachsel, Michael

Club: Kolonne Karlsbad  
Number: 720

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:15:48

Speed: 7.92 km/h  
Running performance: 7:35 min/km

Rank in course/Total: 145 (of 146)

Rank in course/Men: 110 (of 111)

Best time in course: 35:06

Rank in category: 22(of 22)

Best time in the category: 41:53