



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

**Bonaud, Williams**

Club: Skillso4 Frankfurt  
Number: 824

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 35:06

Speed: 17.09 km/h  
Running performance: 3:31 min/km

Rank in course/Total: 1 (of 146)

Rank in course/Men: 1 (of 111)

Best time in course: 35:06

Rank in category: 1(of 10)

Best time in the category: 35:06