



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Kowalzig, Björn

Club: BSBV 1991

Number: 8

Course: 10.00 km

10 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 39:15

Speed: 15.29 km/h

Running performance: 3:55 min/km

Rank in course/Total: 5 (of 146)

Rank in course/Men: 5 (of 111)

Best time in course: 35:06

Rank in category: 1(of 10)

Best time in the category: 39:15