



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

**Benecken, Paul**

Club: Spiridon  
Number: 408

Course: 3.00 km  
3,0 km - Lauf

Category:  
männliche Kinder U12 (10-11 Jahre)

Total time: 14:27

Speed: 12.46 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 10 (of 24)

Rank in course/Men: 9 (of 13)

Best time in course: 11:23

Rank in category: 2(of 4)

Best time in the category: 13:48