



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Gassmann, Michael

Club: TG Dietzenbach  
Number: 701

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 40:27

Speed: 14.83 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 6 (of 146)

Rank in course/Men: 6 (of 111)

Best time in course: 35:06

Rank in category: 2(of 10)

Best time in the category: 39:15