



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Sauer, Guido

Club: Eintracht FFM Tria  
Number: 813

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 40:30

Speed: 14.81 km/h  
Running performance: 4:03 min/km

Rank in course/Total: 7 (of 146)

Rank in course/Men: 7 (of 111)

Best time in course: 35:06

Rank in category: 1(of 15)

Best time in the category: 40:30