



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

von Blumenthal, Alexander

Club: Bad Vilbel

Number: 699

Course: 10.00 km

10 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 41:51

Speed: 14.34 km/h

Running performance: 4:11 min/km

Rank in course/Total: 8 (of 146)

Rank in course/Men: 8 (of 111)

Best time in course: 35:06

Rank in category: 3(of 10)

Best time in the category: 39:15