



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Zschockelt, Ingolf

Club: Bike Rite Team  
Number: 836

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 41:53

Speed: 14.33 km/h  
Running performance: 4:11 min/km

Rank in course/Total: 9 (of 146)

Rank in course/Men: 9 (of 111)

Best time in course: 35:06

Rank in category: 1(of 22)

Best time in the category: 41:53