



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Adams, Herbert

Club: LG Mörfelden-Walldorf  
Number: 785

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 43:44

Speed: 13.72 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 20 (of 146)

Rank in course/Men: 17 (of 111)

Best time in course: 35:06

Rank in category: 1(of 12)

Best time in the category: 43:44