



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Rudat, Markus

Club: TV Großostheim  
Number: 727

Course: 10.00 km  
10 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:06

Speed: 13.61 km/h

Running performance: 4:25 min/km

Rank in course/Total: 22 (of 146)

Rank in course/Men: 19 (of 111)

Best time in course: 35:06

Rank in category: 2(of 22)

Best time in the category: 41:53