



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Denbrock, Stephen

Club: -

Number: 700

Course: 10.00 km

10 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 44:15

Speed: 13.56 km/h

Running performance: 4:25 min/km

Rank in course/Total: 23 (of 146)

Rank in course/Men: 20 (of 111)

Best time in course: 35:06

Rank in category: 5(of 10)

Best time in the category: 39:15