



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Schwarz, Steffen

Club: BELC 89 Frankfurt
Number: 707

Course: 10.00 km
10 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 44:57

Speed: 13.35 km/h
Running performance: 4:30 min/km

Rank in course/Total: 28 (of 146)

Rank in course/Men: 25 (of 111)

Best time in course: 35:06

Rank in category: 4(of 10)

Best time in the category: 35:06