



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Schwab, Helmut

Club: Karben Burg-Gräfenrode
Number: 778

Course: 10.00 km
10 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 45:06

Speed: 13.30 km/h
Running performance: 4:31 min/km

Rank in course/Total: 29 (of 146)

Rank in course/Men: 26 (of 111)

Best time in course: 35:06

Rank in category: 2(of 12)

Best time in the category: 43:44