



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Frommelt, Heiko

Club: Bad Vilbel
Number: 837

Course: 10.00 km
10 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 45:12

Speed: 13.27 km/h
Running performance: 4:31 min/km

Rank in course/Total: 30 (of 146)

Rank in course/Men: 27 (of 111)

Best time in course: 35:06

Rank in category: 4(of 15)

Best time in the category: 40:30