



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Seddig, Marc

Club: SC Steinberg SOMA

Number: 729

Course: 10.00 km

10 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:13

Speed: 13.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 31 (of 146)

Rank in course/Men: 28 (of 111)

Best time in course: 35:06

Rank in category: 4(of 22)

Best time in the category: 41:53