



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Lodderstedt, Torsten

Club: Mühlheim

Number: 717

Course: 10.00 km

10 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:37

Speed: 12.87 km/h

Running performance: 4:40 min/km

Rank in course/Total: 33 (of 146)

Rank in course/Men: 30 (of 111)

Best time in course: 35:06

Rank in category: 5(of 15)

Best time in the category: 40:30