



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Bißmann, Dieter

Club: Schwalbach

Number: 841

Course: 10.00 km

10 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 46:43

Speed: 12.84 km/h

Running performance: 4:40 min/km

Rank in course/Total: 38 (of 146)

Rank in course/Men: 35 (of 111)

Best time in course: 35:06

Rank in category: 4(of 12)

Best time in the category: 43:44