



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Stavenow, Axel

Club: Düsseldorf
Number: 838

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:11

Speed: 12.72 km/h
Running performance: 4:43 min/km

Rank in course/Total: 40 (of 146)

Rank in course/Men: 37 (of 111)

Best time in course: 35:06

Rank in category: 5(of 22)

Best time in the category: 41:53