



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Dingeldein, Thomas

Club: Nauheim  
Number: 798

Course: 10.00 km  
10 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 47:30

Speed: 12.63 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 46 (of 146)

Rank in course/Men: 43 (of 111)

Best time in course: 35:06

Rank in category: 5(of 6)

Best time in the category: 42:52