



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Elsner, Thomas

Club: Frankfurt

Number: 728

Course: 10.00 km

10 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:34

Speed: 12.61 km/h

Running performance: 4:46 min/km

Rank in course/Total: 47 (of 146)

Rank in course/Men: 44 (of 111)

Best time in course: 35:06

Rank in category: 9(of 22)

Best time in the category: 41:53