



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Ritzkat, Christoph

Club: Neuenbürg  
Number: 726

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 48:11

Speed: 12.45 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 52 (of 146)

Rank in course/Men: 49 (of 111)

Best time in course: 35:06

Rank in category: 10(of 22)

Best time in the category: 41:53