



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Biebel, Stefan**

Club: Frankfurt am Main  
Number: 1407

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 43:10

Speed: 13.90 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 30 (of 208)

Rank in course/Men: 27 (of 144)

Best time in course: 36:24

Rank in category: 5(of 15)

Best time in the category: 39:14