



27. Karbener Stadtlauf  
Klein-Karben / 07.08.2016

Detailed evaluation

**Benecken, Paul**

Club: Spiridon Frankfurt  
Number: 281

Course: 5.40 km  
Jedermannlauf

Category:  
Männer

Total time: 23:28

Speed: 12.78 km/h  
Running performance: 4:21 min/km

Rank in course/Total: 9 (of 56)

Rank in course/Men: 8 (of 31)

Best time in course: 19:06

Rank in category: 8(of 31)

Best time in the category: 19:06