



27. Karbener Stadtlauf  
Klein-Karben / 07.08.2016

Detailed evaluation

Fries, Dirk

Club: Frankfurt/Main  
Number: 2597

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 52:45

Speed: 11.37 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 75 (of 157)

Rank in course/Men: 64 (of 114)

Best time in course: 33:33

Rank in category: 12(of 15)

Best time in the category: 37:29