



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Gosebruch, Roland

Club: Eintracht Frankfurt Triathlon
Number: 521

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 46:06

Speed: 13.02 km/h
Running performance: 4:37 min/km

Rank in course/Total: 42 (of 180)

Rank in course/Men: 39 (of 140)

Best time in course: 34:14

Rank in category: 9(of 32)

Best time in the category: 36:49