



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Von Groddeck, Björn

Club: Wöllstadt  
Number: 684

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 46:11

Speed: 12.99 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 44 (of 180)

Rank in course/Men: 41 (of 140)

Best time in course: 34:14

Rank in category: 11(of 15)

Best time in the category: 34:33