



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Lang, Joachim

Club: Team Treffpunkt Maurer - TPM
Number: 545

Course: 10.00 km
10 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 46:12

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

Rank in course/Total: 45 (of 180)

Rank in course/Men: 42 (of 140)

Best time in course: 34:14

Rank in category: 7(of 25)

Best time in the category: 40:33