



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Hommel, Sören

Club: BELC 89 Frankfurt
Number: 532

Course: 10.00 km
10 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:25

Speed: 12.93 km/h
Running performance: 4:38 min/km

Rank in course/Total: 47 (of 180)

Rank in course/Men: 43 (of 140)

Best time in course: 34:14

Rank in category: 12(of 15)

Best time in the category: 34:33