



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Mainert, Ingo

Club: SG Ober Erlenbach  
Number: 615

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 46:43

Speed: 12.84 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 48 (of 180)

Rank in course/Men: 44 (of 140)

Best time in course: 34:14

Rank in category: 10(of 32)

Best time in the category: 36:49