



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Traue, Alfred

Club: BELC 89

Number: 583

Course: 10.00 km

10 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 47:24

Speed: 12.66 km/h

Running performance: 4:44 min/km

Rank in course/Total: 51 (of 180)

Rank in course/Men: 47 (of 140)

Best time in course: 34:14

Rank in category: 1(of 8)

Best time in the category: 47:24