



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Frommelt, Heiko

Club: Bad Vilbel

Number: 517

Course: 10.00 km

10 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 47:26

Speed: 12.65 km/h

Running performance: 4:44 min/km

Rank in course/Total: 52 (of 180)

Rank in course/Men: 48 (of 140)

Best time in course: 34:14

Rank in category: 8(of 25)

Best time in the category: 40:33