



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Dreste, Oscar

Club: Laufe deinen Weg
Number: 511

Course: 10.00 km
10 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 47:31

Speed: 12.63 km/h
Running performance: 4:45 min/km

Rank in course/Total: 53 (of 180)

Rank in course/Men: 49 (of 140)

Best time in course: 34:14

Rank in category: 9(of 25)

Best time in the category: 40:33