



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Buchholz, Jürgen

Club: TV Mömlingen

Number: 631

Course: 10.00 km

10 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:35

Speed: 12.61 km/h

Running performance: 4:46 min/km

Rank in course/Total: 54 (of 180)

Rank in course/Men: 50 (of 140)

Best time in course: 34:14

Rank in category: 11(of 32)

Best time in the category: 36:49