



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Seume, Jörg

Club: Dertour

Number: 652

Course: 10.00 km

10 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:49

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 64 (of 180)

Rank in course/Men: 58 (of 140)

Best time in course: 34:14

Rank in category: 11(of 25)

Best time in the category: 40:33