



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Görtz, Heribert

Club: Deutsche Post AG Friedberg
Number: 520

Course: 10.00 km
10 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 49:08

Speed: 12.21 km/h
Running performance: 4:55 min/km

Rank in course/Total: 65 (of 180)

Rank in course/Men: 59 (of 140)

Best time in course: 34:14

Rank in category: 4(of 9)

Best time in the category: 43:50