



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Apfel, Ferdinand

Club: Deutsche Post Bad Vilbel  
Number: 640

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 49:14

Speed: 12.19 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 68 (of 180)

Rank in course/Men: 62 (of 140)

Best time in course: 34:14

Rank in category: 5(of 15)

Best time in the category: 39:50