



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Kakur, Naim

Club: Frika Tim Bad Vilbel
Number: 676

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:46

Speed: 12.06 km/h
Running performance: 4:59 min/km

Rank in course/Total: 73 (of 180)

Rank in course/Men: 65 (of 140)

Best time in course: 34:14

Rank in category: 13(of 32)

Best time in the category: 36:49