



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Happel, Ralf

Club: Friedberg  
Number: 526

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 50:01

Speed: 12.00 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 76 (of 180)

Rank in course/Men: 68 (of 140)

Best time in course: 34:14

Rank in category: 13(of 25)

Best time in the category: 40:33