



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

**Penzler, Rene**

Club: Frankfurt am Main  
Number: 678

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 50:59

Speed: 11.77 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 79 (of 180)

Rank in course/Men: 71 (of 140)

Best time in course: 34:14

Rank in category: 13(of 15)

Best time in the category: 34:33