



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Narat, Ingo

Club: Frankfurt am Main
Number: 620

Course: 10.00 km
10 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 51:00

Speed: 11.76 km/h
Running performance: 5:06 min/km

Rank in course/Total: 80 (of 180)

Rank in course/Men: 72 (of 140)

Best time in course: 34:14

Rank in category: 6(of 15)

Best time in the category: 39:50