



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Elsner, Thomas

Club: Frankfurt am Main
Number: 686

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:19

Speed: 11.69 km/h
Running performance: 5:08 min/km

Rank in course/Total: 84 (of 180)

Rank in course/Men: 75 (of 140)

Best time in course: 34:14

Rank in category: 14(of 32)

Best time in the category: 36:49