



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

**Diester, Thomas**

Club: SSC Hanau-Rodenbach  
Number: 636

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 51:22

Speed: 11.68 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 85 (of 180)

Rank in course/Men: 76 (of 140)

Best time in course: 34:14

Rank in category: 7(of 15)

Best time in the category: 39:50