



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Friedrich, Hagen

Club: Frankfurt am Main
Number: 666

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:58

Speed: 11.33 km/h
Running performance: 5:18 min/km

Rank in course/Total: 98 (of 180)

Rank in course/Men: 86 (of 140)

Best time in course: 34:14

Rank in category: 18(of 32)

Best time in the category: 36:49