



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Steger, Frank

Club: Berlin
Number: 578

Course: 10.00 km
10 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 53:23

Speed: 11.24 km/h
Running performance: 5:20 min/km

Rank in course/Total: 101 (of 180)

Rank in course/Men: 88 (of 140)

Best time in course: 34:14

Rank in category: 6(of 9)

Best time in the category: 43:50