



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Haase, Ulrich

Club: Karben  
Number: 524

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 54:01

Speed: 11.11 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 106 (of 180)

Rank in course/Men: 91 (of 140)

Best time in course: 34:14

Rank in category: 16(of 25)

Best time in the category: 40:33