



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Damaschke, Swen

Club: Wöllstadt

Number: 508

Course: 10.00 km

10 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 55:24

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 113 (of 180)

Rank in course/Men: 95 (of 140)

Best time in course: 34:14

Rank in category: 17(of 25)

Best time in the category: 40:33