



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Ritschel, Marcus

Club: Bad vilbel

Number: 682

Course: 10.00 km

10 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:30

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 114 (of 180)

Rank in course/Men: 96 (of 140)

Best time in course: 34:14

Rank in category: 20(of 32)

Best time in the category: 36:49