



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Winhold, Tom

Club: SC Bushido Ffm  
Number: 639

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 55:33

Speed: 10.80 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 115 (of 180)

Rank in course/Men: 97 (of 140)

Best time in course: 34:14

Rank in category: 11(of 13)

Best time in the category: 36:25