



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Keinath, Rainer

Club: Steinbach

Number: 638

Course: 10.00 km

10 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 55:55

Speed: 10.73 km/h

Running performance: 5:35 min/km

Rank in course/Total: 121 (of 180)

Rank in course/Men: 100 (of 140)

Best time in course: 34:14

Rank in category: 12(of 15)

Best time in the category: 39:50