



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Lischewski, Johann

Club: Bad Vilbel

Number: 549

Course: 10.00 km

10 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 56:03

Speed: 10.70 km/h

Running performance: 5:36 min/km

Rank in course/Total: 124 (of 180)

Rank in course/Men: 102 (of 140)

Best time in course: 34:14

Rank in category: 4(of 8)

Best time in the category: 47:24