



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Flachowski, Rolf

Club: Karben
Number: 646

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:04

Speed: 10.70 km/h
Running performance: 5:37 min/km

Rank in course/Total: 126 (of 180)

Rank in course/Men: 103 (of 140)

Best time in course: 34:14

Rank in category: 21(of 32)

Best time in the category: 36:49