



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Oehm, Harald

Club: TSG Münster  
Number: 557

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 56:48

Speed: 10.56 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 131 (of 180)

Rank in course/Men: 106 (of 140)

Best time in course: 34:14

Rank in category: 19(of 25)

Best time in the category: 40:33