



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Roschke, Udo

Club: TSG Oberursel
Number: 565

Course: 10.00 km
10 km - Lauf

Category:

Senioren M75 (75 und älter)

Total time: 58:27

Speed: 10.27 km/h

Running performance: 5:50 min/km

Rank in course/Total: 144 (of 180)

Rank in course/Men: 116 (of 140)

Best time in course: 34:14

Rank in category: 1(of 2)

Best time in the category: 58:27