



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Rehder, Thomas

Club: Spendentriathlon.Qnigge.de  
Number: 561

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 58:39

Speed: 10.23 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 145 (of 180)

Rank in course/Men: 117 (of 140)

Best time in course: 34:14

Rank in category: 26(of 32)

Best time in the category: 36:49