



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Gräf, Ingo

Club: Friseur Gräf  
Number: 619

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 59:30

Speed: 10.08 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 150 (of 180)

Rank in course/Men: 121 (of 140)

Best time in course: 34:14

Rank in category: 22(of 25)

Best time in the category: 40:33