



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Reinhardt, Holger

Club: Karate-Dojo Usingen e.V.  
Number: 562

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:02:01

Speed: 9.67 km/h  
Running performance: 6:12 min/km

Rank in course/Total: 160 (of 180)

Rank in course/Men: 127 (of 140)

Best time in course: 34:14

Rank in category: 23(of 25)

Best time in the category: 40:33