



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Hengst, Dirk-Andreas

Club: KSV Klein-Karben

Number: 528

Course: 10.00 km

10 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:02:19

Speed: 9.63 km/h

Running performance: 6:14 min/km

Rank in course/Total: 161 (of 180)

Rank in course/Men: 128 (of 140)

Best time in course: 34:14

Rank in category: 15(of 15)

Best time in the category: 34:33