



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

**Wrase, Matthias**

Club: Berlin  
Number: 600

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:02:38

Speed: 9.58 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 163 (of 180)

Rank in course/Men: 129 (of 140)

Best time in course: 34:14

Rank in category: 24(of 25)

Best time in the category: 40:33