



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Heil, Benedikt

Club: LG OVAG Friedberg  
Number: 671

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 34:33

Speed: 17.37 km/h  
Running performance: 3:28 min/km

Rank in course/Total: 2 (of 180)

Rank in course/Men: 2 (of 140)

Best time in course: 34:14

Rank in category: 1(of 15)

Best time in the category: 34:33