



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Privat, Markus

Club: Friedrichsdorf  
Number: 560

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:02:42

Speed: 9.57 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 164 (of 180)

Rank in course/Men: 130 (of 140)

Best time in course: 34:14

Rank in category: 31(of 32)

Best time in the category: 36:49