



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Lepnik, Helmut

Club: KSV Klein-Karben 1890 e.V.
Number: 668

Course: 10.00 km
10 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:05:40

Speed: 9.14 km/h
Running performance: 6:34 min/km

Rank in course/Total: 174 (of 180)

Rank in course/Men: 137 (of 140)

Best time in course: 34:14

Rank in category: 1(of 1)

Best time in the category: 1:05:40