



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Voland, Mario

Club: Spiridon Frankfurt
Number: 107

Course: 21.10 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:31:01

Speed: 13.84 km/h
Running performance: 4:19 min/km

Rank in course/Total: 15 (of 177)

Rank in course/Men: 14 (of 144)

Best time in course: 1:12:48

Rank in category: 2(of 23)

Best time in the category: 1:28:29