



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Jordan, Frank

Club: Friedrichsdorf  
Number: 172

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:35:34

Speed: 13.18 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 24 (of 177)

Rank in course/Men: 23 (of 144)

Best time in course: 1:12:48

Rank in category: 5(of 36)

Best time in the category: 1:24:20