



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

D.J Paulo, Helder

Club: Sporting Lissabon
Number: 136

Course: 21.10 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:36:14

Speed: 13.09 km/h
Running performance: 4:34 min/km

Rank in course/Total: 27 (of 177)

Rank in course/Men: 25 (of 144)

Best time in course: 1:12:48

Rank in category: 3(of 14)

Best time in the category: 1:33:47