



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Förster, Manfred

Club: Ockstadt

Number: 30

Course: 21.10 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:38:36

Speed: 12.78 km/h

Running performance: 4:40 min/km

Rank in course/Total: 37 (of 177)

Rank in course/Men: 35 (of 144)

Best time in course: 1:12:48

Rank in category: 7(of 23)

Best time in the category: 1:28:29