



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Jakob, Thomas

Club: Rennhasen

Number: 49

Course: 21.10 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:43:00

Speed: 12.23 km/h

Running performance: 4:53 min/km

Rank in course/Total: 56 (of 177)

Rank in course/Men: 53 (of 144)

Best time in course: 1:12:48

Rank in category: 10(of 21)

Best time in the category: 1:22:47