



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Pospischil, Jörg

Club: DSW Darmstadt
Number: 634

Course: 10.00 km
10 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 35:56

Speed: 16.70 km/h
Running performance: 3:35 min/km

Rank in course/Total: 4 (of 180)

Rank in course/Men: 4 (of 140)

Best time in course: 34:14

Rank in category: 2(of 15)

Best time in the category: 34:33