



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

von Jagow, Frank

Club: Schöneck

Number: 135

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:46:08

Speed: 11.87 km/h

Running performance: 5:02 min/km

Rank in course/Total: 67 (of 177)

Rank in course/Men: 63 (of 144)

Best time in course: 1:12:48

Rank in category: 16(of 36)

Best time in the category: 1:24:20