



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Meltzow, Sascha

Club: Alzenau
Number: 179

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:46:29

Speed: 11.83 km/h
Running performance: 5:03 min/km

Rank in course/Total: 71 (of 177)

Rank in course/Men: 67 (of 144)

Best time in course: 1:12:48

Rank in category: 18(of 36)

Best time in the category: 1:24:20