



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Stavenow, Axel

Club: Düsseldorf
Number: 96

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:48:06

Speed: 11.66 km/h
Running performance: 5:07 min/km

Rank in course/Total: 82 (of 177)

Rank in course/Men: 77 (of 144)

Best time in course: 1:12:48

Rank in category: 21(of 36)

Best time in the category: 1:24:20