



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

**Stavenow, Olaf**

Club: Karben  
Number: 97

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: 83 (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