



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Holodkon, Ilja

Club: Offenbach

Number: 152

Course: 21.10 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:48:25

Speed: 11.62 km/h

Running performance: 5:08 min/km

Rank in course/Total: 84 (of 177)

Rank in course/Men: 79 (of 144)

Best time in course: 1:12:48

Rank in category: 8(of 12)

Best time in the category: 1:22:42