



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Schwinghammer, Jan

Club: DJK-SG ST. Ingbert  
Number: 656

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 36:25

Speed: 16.48 km/h  
Running performance: 3:38 min/km

Rank in course/Total: 5 (of 180)

Rank in course/Men: 5 (of 140)

Best time in course: 34:14

Rank in category: 1(of 13)

Best time in the category: 36:25