



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Heiskel Dr., Ingo

Club: Team Treffpunkt Maurer - TPM  
Number: 45

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:53:00

Speed: 11.15 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 100 (of 177)

Rank in course/Men: 94 (of 144)

Best time in course: 1:12:48

Rank in category: 1(of 1)

Best time in the category: 1:53:00