



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Lüdemann, Carsten

Club: KSV

Number: 69

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:54:31

Speed: 11.00 km/h

Running performance: 5:26 min/km

Rank in course/Total: 107 (of 177)

Rank in course/Men: 99 (of 144)

Best time in course: 1:12:48

Rank in category: 29(of 36)

Best time in the category: 1:24:20