



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Geruschkat, Ralf

Club: Bad Vilbel
Number: 37

Course: 21.10 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:56:16

Speed: 10.84 km/h
Running performance: 5:31 min/km

Rank in course/Total: 117 (of 177)

Rank in course/Men: 107 (of 144)

Best time in course: 1:12:48

Rank in category: 10(of 16)

Best time in the category: 1:25:56