



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Woelfle, Poul Henrik

Club: Frankfurt am Main  
Number: 123

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:01:11

Speed: 10.40 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 133 (of 177)

Rank in course/Men: 119 (of 144)

Best time in course: 1:12:48

Rank in category: 11(of 12)

Best time in the category: 1:22:42