



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

**Sydow, Uwe**

Club: Budokwan  
Number: 103

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:13:53

Speed: 9.41 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 170 (of 177)

Rank in course/Men: 139 (of 144)

Best time in course: 1:12:48

Rank in category: 36(of 36)

Best time in the category: 1:24:20