



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Silbach, Christoph

Club: Spiridon Frankfurt  
Number: 576

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 39:02

Speed: 15.37 km/h  
Running performance: 3:54 min/km

Rank in course/Total: 7 (of 180)

Rank in course/Men: 7 (of 140)

Best time in course: 34:14

Rank in category: 3(of 15)

Best time in the category: 34:33