



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Gerlach, Christian

Club: Frankfurt

Number: 518

Course: 10.00 km

10 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 40:34

Speed: 14.79 km/h

Running performance: 4:04 min/km

Rank in course/Total: 12 (of 180)

Rank in course/Men: 12 (of 140)

Best time in course: 34:14

Rank in category: 4(of 15)

Best time in the category: 34:33