



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Piatkowski, Dirk

Club: Bad Homburg

Number: 649

Course: 10.00 km

10 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 40:57

Speed: 14.65 km/h

Running performance: 4:06 min/km

Rank in course/Total: 13 (of 180)

Rank in course/Men: 13 (of 140)

Best time in course: 34:14

Rank in category: 2(of 32)

Best time in the category: 36:49