



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Willershausen, Jens

Club: SSV Heilsberg
Number: 599

Course: 10.00 km
10 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 41:52

Speed: 14.33 km/h
Running performance: 4:11 min/km

Rank in course/Total: 17 (of 180)

Rank in course/Men: 16 (of 140)

Best time in course: 34:14

Rank in category: 2(of 25)

Best time in the category: 40:33