



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Kuch, Mario

Club: Team Anaerob
Number: 630

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 42:11

Speed: 14.22 km/h
Running performance: 4:13 min/km

Rank in course/Total: 19 (of 180)

Rank in course/Men: 18 (of 140)

Best time in course: 34:14

Rank in category: 3(of 32)

Best time in the category: 36:49