



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

**Amare, Henok**

Club: Kriftel  
Number: 503

Course: 10.00 km  
10 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 42:18

Speed: 14.18 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 20 (of 180)

Rank in course/Men: 19 (of 140)

Best time in course: 34:14

Rank in category: 3(of 10)

Best time in the category: 34:14