



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Kaul, Ashok

Club: Eintracht Frankfurt
Number: 629

Course: 10.00 km
10 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 42:29

Speed: 14.12 km/h
Running performance: 4:15 min/km

Rank in course/Total: 22 (of 180)

Rank in course/Men: 21 (of 140)

Best time in course: 34:14

Rank in category: 3(of 25)

Best time in the category: 40:33