



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Göser, Günther

Club: Spiridon Frankfurt
Number: 522

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 42:53

Speed: 13.99 km/h
Running performance: 4:17 min/km

Rank in course/Total: 27 (of 180)

Rank in course/Men: 26 (of 140)

Best time in course: 34:14

Rank in category: 6(of 32)

Best time in the category: 36:49