



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Lorey, Thomas

Club: Bad Vilbel

Number: 551

Course: 10.00 km

10 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 43:27

Speed: 13.81 km/h

Running performance: 4:20 min/km

Rank in course/Total: 30 (of 180)

Rank in course/Men: 28 (of 140)

Best time in course: 34:14

Rank in category: 5(of 25)

Best time in the category: 40:33