



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Adams, Herbert

Club: LG Mörfelden-Walld ORF  
Number: 621

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 43:50

Speed: 13.69 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 32 (of 180)

Rank in course/Men: 30 (of 140)

Best time in course: 34:14

Rank in category: 1(of 9)

Best time in the category: 43:50