



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Zölls, Frederik

Club: Friedrichsdorf
Number: 603

Course: 10.00 km
10 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 44:34

Speed: 13.46 km/h
Running performance: 4:28 min/km

Rank in course/Total: 37 (of 180)

Rank in course/Men: 34 (of 140)

Best time in course: 34:14

Rank in category: 9(of 15)

Best time in the category: 34:33