



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Appel, Björn

Club: catch us if you can Rodgau
Number: 202

Course: 21.10 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:26:03

Speed: 14.71 km/h
Running performance: 4:05 min/km

Rank in course/Total: 7 (of 156)

Rank in course/Men: 7 (of 124)

Best time in course: 1:19:21

Rank in category: 1(of 15)

Best time in the category: 1:26:03