



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Lembke, Mark

Club: MTV Kronberg
Number: 318

Course: 21.10 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:26:37

Speed: 14.55 km/h
Running performance: 4:07 min/km

Rank in course/Total: 9 (of 156)

Rank in course/Men: 8 (of 124)

Best time in course: 1:19:21

Rank in category: 1(of 16)

Best time in the category: 1:26:37