



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Mertens, Holger

Club: Bad Vilbel

Number: 216

Course: 21.10 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:30:13

Speed: 14.03 km/h

Running performance: 4:17 min/km

Rank in course/Total: 14 (of 156)

Rank in course/Men: 13 (of 124)

Best time in course: 1:19:21

Rank in category: 3(of 16)

Best time in the category: 1:26:37