



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

kakur, Naim

Club: frika triatlon tiem bad vilbel
Number: 229

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:34:41

Speed: 13.37 km/h
Running performance: 4:29 min/km

Rank in course/Total: 22 (of 156)

Rank in course/Men: 21 (of 124)

Best time in course: 1:19:21

Rank in category: 4(of 28)

Best time in the category: 1:20:05