



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

**Stier, Reinhard**

Club: BELC 89 Frankfurt  
Number: 232

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:36:04

Speed: 13.12 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 29 (of 156)

Rank in course/Men: 26 (of 124)

Best time in course: 1:19:21

Rank in category: 5(of 28)

Best time in the category: 1:20:05