



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Akalay, Deniz

Club: Frankfurt  
Number: 162

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:36:42

Speed: 13.09 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 30 (of 156)

Rank in course/Men: 27 (of 124)

Best time in course: 1:19:21

Rank in category: 5(of 15)

Best time in the category: 1:26:03