



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Jonas, Björn

Club: Eschborn

Number: 209

Course: 21.10 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:36:56

Speed: 13.00 km/h

Running performance: 4:35 min/km

Rank in course/Total: 31 (of 156)

Rank in course/Men: 28 (of 124)

Best time in course: 1:19:21

Rank in category: 5(of 16)

Best time in the category: 1:26:37