



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Elbrecht, Heinz

Club: Hillhunter-Hessen  
Number: 246

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:37:01

Speed: 12.99 km/h  
Running performance: 4:36 min/km

Rank in course/Total: 32 (of 156)

Rank in course/Men: 29 (of 124)

Best time in course: 1:19:21

Rank in category: 2(of 9)

Best time in the category: 1:34:59