



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Krause, Werner

Club: TV Limburg

Number: 319

Course: 21.10 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:39:34

Speed: 12.65 km/h

Running performance: 4:43 min/km

Rank in course/Total: 40 (of 156)

Rank in course/Men: 36 (of 124)

Best time in course: 1:19:21

Rank in category: 4(of 9)

Best time in the category: 1:34:59