



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Groth, Ben

Club: Frankfurt  
Number: 259

Course: 21.10 km  
Halbmarathon

Category:  
Männer (20-29 Jahre)

Total time: 1:39:37

Speed: 12.71 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 41 (of 156)

Rank in course/Men: 37 (of 124)

Best time in course: 1:19:21

Rank in category: 5(of 17)

Best time in the category: 1:19:21