



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Meltzow, Alexander

Club: SV Gelnhausen
Number: 324

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:39:38

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

Rank in course/Total: 42 (of 156)

Rank in course/Men: 38 (of 124)

Best time in course: 1:19:21

Rank in category: 6(of 28)

Best time in the category: 1:20:05