



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

**Seiler, Jens**

Club: Karben  
Number: 214

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:44:12

Speed: 12.09 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 59 (of 156)

Rank in course/Men: 54 (of 124)

Best time in course: 1:19:21

Rank in category: 10(of 16)

Best time in the category: 1:26:37