



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Kiefer, Ralph-Michael

Club: Oberursel

Number: 342

Course: 21.10 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:45:34

Speed: 11.99 km/h

Running performance: 5:00 min/km

Rank in course/Total: 63 (of 156)

Rank in course/Men: 58 (of 124)

Best time in course: 1:19:21

Rank in category: 7(of 16)

Best time in the category: 1:26:44