



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Nakajima, Masaki

Club: Aachen

Number: 108

Course: 21.10 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:45:45

Speed: 11.91 km/h

Running performance: 5:01 min/km

Rank in course/Total: 65 (of 156)

Rank in course/Men: 60 (of 124)

Best time in course: 1:19:21

Rank in category: 8(of 15)

Best time in the category: 1:26:03