



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Luedemann, Carsten

Club: KSV Klein Karben

Number: 302

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:58:10

Speed: 10.66 km/h

Running performance: 5:36 min/km

Rank in course/Total: 115 (of 156)

Rank in course/Men: 99 (of 124)

Best time in course: 1:19:21

Rank in category: 20(of 28)

Best time in the category: 1:20:05