



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

volp, tomas

Club: frika triathlon team bad vilbel  
Number: 230

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:59:34

Speed: 10.54 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 120 (of 156)

Rank in course/Men: 103 (of 124)

Best time in course: 1:19:21

Rank in category: 21(of 28)

Best time in the category: 1:20:05