



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

**Sydow, Uwe**

Club: Budokwan  
Number: 335

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:03:04

Speed: 10.29 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 134 (of 156)

Rank in course/Men: 110 (of 124)

Best time in course: 1:19:21

Rank in category: 22(of 28)

Best time in the category: 1:20:05