



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Sydow, Kerstin

Club: Budokwan  
Number: 336

Course: 21.10 km  
Halbmarathon

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:03:06

Speed: 10.28 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 135 (of 156)

Rank in course/Women: 25 (of 32)

Best time in course: 1:26:13

Rank in category: 5(of 5)

Best time in the category: 1:48:47