



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Helmich, Igor

Club: Karben
Number: 337

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:03:40

Speed: 10.19 km/h
Running performance: 5:52 min/km

Rank in course/Total: 139 (of 156)

Rank in course/Men: 113 (of 124)

Best time in course: 1:19:21

Rank in category: 24(of 28)

Best time in the category: 1:20:05