



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Arndt, Alexander

Club: TEAM Erdingen

Number: 320

Course: 21.10 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:15:05

Speed: 9.33 km/h

Running performance: 6:24 min/km

Rank in course/Total: 153 (of 156)

Rank in course/Men: 123 (of 124)

Best time in course: 1:19:21

Rank in category: 16(of 16)

Best time in the category: 1:26:37