



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Sydow, Uwe**

Club: Budokwan  
Number: 1851

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:46:54

Speed: 11.84 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 77 (of 178)

Rank in course/Men: 67 (of 139)

Best time in course: 1:12:14

Rank in category: 9(of 27)

Best time in the category: 1:21:48