



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Lüdemann, Carsten

Club: Karben
Number: 1906

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:54:26

Speed: 11.06 km/h
Running performance: 5:25 min/km

Rank in course/Total: 100 (of 178)

Rank in course/Men: 86 (of 139)

Best time in course: 1:12:14

Rank in category: 18(of 27)

Best time in the category: 1:21:48