



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Rudat, Markus

Club: TV Großostheim
Number: 1495

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:12

Speed: 13.27 km/h
Running performance: 4:31 min/km

Rank in course/Total: 39 (of 208)

Rank in course/Men: 36 (of 144)

Best time in course: 36:24

Rank in category: 8(of 28)

Best time in the category: 36:24