



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Lux, Wolfgang

Club: Frankfurt
Number: 1475

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 48:11

Speed: 12.45 km/h
Running performance: 4:49 min/km

Rank in course/Total: 50 (of 208)

Rank in course/Men: 45 (of 144)

Best time in course: 36:24

Rank in category: 10(of 28)

Best time in the category: 36:24