



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Menken, Ulrich**

Club: Rotary Camberg  
Number: 1620

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 48:34

Speed: 12.35 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 52 (of 208)

Rank in course/Men: 46 (of 144)

Best time in course: 36:24

Rank in category: 11(of 28)

Best time in the category: 36:24