



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