



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Ruecker, Roland

Club: TG Naurod
Number: 1836

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:41:33

Speed: 12.47 km/h
Running performance: 4:49 min/km

Rank in course/Total: 54 (of 178)

Rank in course/Men: 48 (of 139)

Best time in course: 1:12:14

Rank in category: 5(of 27)

Best time in the category: 1:21:48