



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

Ligas, Gian Luca

Club: Hanau  
Number: 1811

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:49:04

Speed: 11.61 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 85 (of 178)

Rank in course/Men: 73 (of 139)

Best time in course: 1:12:14

Rank in category: 10(of 27)

Best time in the category: 1:21:48