



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Geruschkat, Ralf**

Club: Funball  
Number: 1784

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

**Total time: 1:51:41**

Speed: 11.34 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 92 (of 178)

Rank in course/Men: 79 (of 139)

Best time in course: 1:12:14

Rank in category: 11(of 20)

Best time in the category: 1:28:59