



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Rau, Lorenz**

Club: LG Fulda  
Number: 1617

Course: 10.00 km  
10 km - Lauf

Category:  
männliche Jugend U18 (16-17 Jahre)

Total time: 37:53

Speed: 15.84 km/h  
Running performance: 3:47 min/km

Rank in course/Total: 6 (of 208)

Rank in course/Men: 6 (of 144)

Best time in course: 36:24

Rank in category: 1(of 4)

Best time in the category: 37:53