



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Lange, Ralf

Club: Friedberg
Number: 1536

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 38:47

Speed: 15.47 km/h
Running performance: 3:53 min/km

Rank in course/Total: 7 (of 208)

Rank in course/Men: 7 (of 144)

Best time in course: 36:24

Rank in category: 3(of 28)

Best time in the category: 36:24