



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Nagel, Gaby

Club: TSV Cappel
Number: 662

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 48:22

Speed: 12.41 km/h
Running performance: 4:50 min/km

Rank in course/Total: 61 (of 180)

Rank in course/Women: 5 (of 40)

Best time in course: 41:30

Rank in category: 1(of 6)

Best time in the category: 48:22