



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Rieser, Monika

Club: Laufteam Gelnhausen  
Number: 612

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 48:29

Speed: 12.38 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 62 (of 180)

Rank in course/Women: 6 (of 40)

Best time in course: 41:30

Rank in category: 2(of 6)

Best time in the category: 48:22