



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Lucht, Ulrike

Club: Fun-Ball Dortelweil  
Number: 553

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 51:02

Speed: 11.76 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 81 (of 180)

Rank in course/Women: 9 (of 40)

Best time in course: 41:30

Rank in category: 3(of 6)

Best time in the category: 48:22