



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Kiefer, Kerstin

Club: Familie K  
Number: 535

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 51:45

Speed: 11.59 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 87 (of 180)  
Rank in course/Women: 10 (of 40)  
Best time in course: 41:30

Rank in category: 4(of 6)  
Best time in the category: 48:22