



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Jansen, Sabine

Club: KsV Klein-Karben 1890 e.V.  
Number: 609

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 55:50

Speed: 10.75 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 119 (of 180)

Rank in course/Women: 20 (of 40)

Best time in course: 41:30

Rank in category: 5(of 7)

Best time in the category: 41:30