



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Witaseck, Martina

Club: Bad Vilbel  
Number: 622

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 55:52

Speed: 10.74 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 120 (of 180)

Rank in course/Women: 21 (of 40)

Best time in course: 41:30

Rank in category: 4(of 13)

Best time in the category: 43:20