



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Bagehorn, Miriam

Club: Squash-Cats Hattersheim / Wallau
Number: 611

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 56:08

Speed: 10.69 km/h
Running performance: 5:37 min/km

Rank in course/Total: 127 (of 180)

Rank in course/Women: 24 (of 40)

Best time in course: 41:30

Rank in category: 6(of 13)

Best time in the category: 43:20