



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Lucas, Judith

Club: SG-Stern Frankfurt
Number: 552

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 57:15

Speed: 10.48 km/h
Running performance: 5:43 min/km

Rank in course/Total: 140 (of 180)

Rank in course/Women: 28 (of 40)

Best time in course: 41:30

Rank in category: 8(of 13)

Best time in the category: 43:20