



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Hahn, Ilona

Club: Karben  
Number: 616

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:01:52

Speed: 9.70 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 159 (of 180)

Rank in course/Women: 33 (of 40)

Best time in course: 41:30

Rank in category: 10(of 13)

Best time in the category: 43:20