



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Spannhake, Alexandra

Club: Karben
Number: 655

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:03:46

Speed: 9.41 km/h
Running performance: 6:23 min/km

Rank in course/Total: 170 (of 180)

Rank in course/Women: 37 (of 40)

Best time in course: 41:30

Rank in category: 12(of 13)

Best time in the category: 43:20