



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Lichtenstein, Karen

Club: Washington USA

Number: 1038

Course: 5.30 km

Jedermannlauf

Category:

Frauen

Total time: 30:25

Speed: 9.86 km/h

Running performance: 5:44 min/km

Rank in course/Total: 24 (of 66)

Rank in course/Women: 4 (of 25)

Best time in course: 22:58

Rank in category: 4(of 25)

Best time in the category: 22:58