



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Lang, Nicole

Club: Frankfurt  
Number: 63

Course: 21.10 km  
Halbmarathon

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:36:06

Speed: 13.11 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 26 (of 177)

Rank in course/Women: 2 (of 33)

Best time in course: 1:28:27

Rank in category: 1(of 7)

Best time in the category: 1:36:06