



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Sydow, Kerstin

Club: Budokwan
Number: 102

Course: 21.10 km
Halbmarathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:13:52

Speed: 9.41 km/h
Running performance: 6:20 min/km

Rank in course/Total: 169 (of 177)

Rank in course/Women: 31 (of 33)

Best time in course: 1:28:27

Rank in category: 5(of 5)

Best time in the category: 1:56:10