



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Rambeloso, Ony

Club: Frankfurt
Number: 764

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 50:10

Speed: 11.96 km/h
Running performance: 5:01 min/km

Rank in course/Total: 69 (of 146)

Rank in course/Women: 6 (of 35)

Best time in course: 42:20

Rank in category: 2(of 7)

Best time in the category: 43:08