



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Ahrendt, Kerstin

Club: AP-Runner  
Number: 762

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 54:01

Speed: 11.11 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 91 (of 146)  
Rank in course/Women: 12 (of 35)  
Best time in course: 42:20

Rank in category: 3(of 7)  
Best time in the category: 43:08