



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Steinborn, Birgit

Club: Rüsselsheimer SC  
Number: 767

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 54:32

Speed: 11.00 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 92 (of 146)  
Rank in course/Women: 13 (of 35)  
Best time in course: 42:20

Rank in category: 1(of 5)  
Best time in the category: 54:32