



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Stavenow, Bettina

Club: Düsseldorf
Number: 839

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 55:28

Speed: 10.82 km/h
Running performance: 5:33 min/km

Rank in course/Total: 96 (of 146)

Rank in course/Women: 14 (of 35)

Best time in course: 42:20

Rank in category: 2(of 5)

Best time in the category: 54:32