



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Rau, Sabrina

Club: Hamburg  
Number: 833

Course: 10.00 km  
10 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 58:44

Speed: 10.22 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 119 (of 146)

Rank in course/Women: 24 (of 35)

Best time in course: 42:20

Rank in category: 4(of 5)

Best time in the category: 42:20