



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

**Besser, Ruth**

Club: TSG Altenhain  
Number: 846

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:12:57

Speed: 8.22 km/h  
Running performance: 7:18 min/km

Rank in course/Total: 140 (of 146)

Rank in course/Women: 31 (of 35)

Best time in course: 42:20

Rank in category: 7(of 7)

Best time in the category: 43:08