



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

**Wolf, Elvira**

Club: Frankfurt Main  
Number: 288

Course: 21.10 km  
Halbmarathon

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:48:47

Speed: 11.58 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 73 (of 156)

Rank in course/Women: 6 (of 32)

Best time in course: 1:26:13

Rank in category: 1(of 5)

Best time in the category: 1:48:47