



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Rühl, Ute

Club: BELC 89 Frankfurt
Number: 325

Course: 21.10 km
Halbmarathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:57:38

Speed: 10.76 km/h
Running performance: 5:35 min/km

Rank in course/Total: 113 (of 156)

Rank in course/Women: 16 (of 32)

Best time in course: 1:26:13

Rank in category: 4(of 5)

Best time in the category: 1:39:03