



24. Karbener Stadtlauf
Klein-Karben / 11.08.2013

Detailed evaluation

Rustengier, Christina

Club: Team Nauheim

Number: 304

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 2:06:53

Speed: 9.98 km/h

Running performance: 6:01 min/km

Rank in course/Total: 147 (of 156)

Rank in course/Women: 28 (of 32)

Best time in course: 1:26:13

Rank in category: 5(of 6)

Best time in the category: 1:34:49