



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Breitenöder, Helen

Club: Frankfurt  
Number: 388

Course: 3.00 km  
3,0 km - Lauf

Category:  
weibliche Kinder U10 (8-9 Jahre)

Total time: 21:09

Speed: 8.51 km/h  
Running performance: 7:03 min/km

Rank in course/Total: 24 (of 24)

Rank in course/Women: 11 (of 11)

Best time in course: 12:53

Rank in category: 2(of 2)

Best time in the category: 16:53