



24. Karbener Stadtlauf  
Klein-Karben / 11.08.2013

Detailed evaluation

Ahlborn, Alexandra

Club: Karben  
Number: 1090

Course: 5.30 km  
Jedermannlauf

Category:  
Frauen

Total time: 37:26

Speed: 8.50 km/h  
Running performance: 7:04 min/km

Rank in course/Total: 40 (of 44)  
Rank in course/Women: 16 (of 20)

Best time in course: 29:14

Rank in category: 16(of 20)  
Best time in the category: 29:14