



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Schieferstein, Christiane**

Club: Bad Vilbel  
Number: 1542

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 48:01

Speed: 12.50 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 48 (of 208)

Rank in course/Women: 5 (of 64)

Best time in course: 40:45

Rank in category: 1(of 9)

Best time in the category: 48:01