



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Köppe, Janina**

Club: TEAM NORDSTOFF  
Number: 1466

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 49:07

Speed: 12.22 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 57 (of 208)

Rank in course/Women: 7 (of 64)

Best time in course: 40:45

Rank in category: 2(of 6)

Best time in the category: 40:45