



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Nagel, Gaby

Club: TSV Cappel
Number: 1546

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 49:45

Speed: 12.06 km/h
Running performance: 4:58 min/km

Rank in course/Total: 64 (of 208)

Rank in course/Women: 8 (of 64)

Best time in course: 40:45

Rank in category: 2(of 12)

Best time in the category: 48:00