



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

### Stilger, Regina

Club: Frankfurt  
Number: 1505

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 56:31

Speed: 10.62 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 122 (of 208)

Rank in course/Women: 25 (of 64)

Best time in course: 40:45

Rank in category: 5(of 12)

Best time in the category: 48:00