



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Karrasch, Tanja

Club: B&S Runners
Number: 1454

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:57

Speed: 9.69 km/h
Running performance: 6:12 min/km

Rank in course/Total: 167 (of 208)

Rank in course/Women: 43 (of 64)

Best time in course: 40:45

Rank in category: 8(of 12)

Best time in the category: 41:13