



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Besser, Ruth

Club: TSG Altenhain 1900 eV
Number: 1549

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:04:29

Speed: 9.30 km/h
Running performance: 6:27 min/km

Rank in course/Total: 187 (of 208)

Rank in course/Women: 53 (of 64)

Best time in course: 40:45

Rank in category: 7(of 9)

Best time in the category: 48:01