



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Nauck, Selina**

Club: TV Rendel  
Number: 1484

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:05:44

Speed: 9.13 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 191 (of 208)

Rank in course/Women: 54 (of 64)

Best time in course: 40:45

Rank in category: 6(of 6)

Best time in the category: 50:11