



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Lehner-Zeiff, Sabine**

Club: Karben  
Number: 1467

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:06:46

Speed: 8.99 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 196 (of 208)

Rank in course/Women: 57 (of 64)

Best time in course: 40:45

Rank in category: 10(of 12)

Best time in the category: 41:13