



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Mintgen-Alfter, Gisela**

Club: TSG Altenhain  
Number: 1480

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:09:53

Speed: 8.59 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 200 (of 208)

Rank in course/Women: 60 (of 64)

Best time in course: 40:45

Rank in category: 10(of 12)

Best time in the category: 48:00