



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Donig, Silke

Club: Bio Runner Rhein-Main
Number: 1773

Course: 21.10 km
Halbmarathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:04:47

Speed: 10.10 km/h
Running performance: 5:55 min/km

Rank in course/Total: 146 (of 178)

Rank in course/Women: 27 (of 39)

Best time in course: 1:32:57

Rank in category: 6(of 7)

Best time in the category: 1:39:05