



Karbener Stadtlauf
Klein-Karben / 10.08.2014

Detailed evaluation

Holst, Tine

Club: Eintracht Frankfurt Triathlon
Number: 1662

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 40:45

Speed: 14.72 km/h
Running performance: 4:05 min/km

Rank in course/Total: 19 (of 208)

Rank in course/Women: 1 (of 64)

Best time in course: 40:45

Rank in category: 1(of 6)

Best time in the category: 40:45