



26. Karbener Stadtlauf  
Klein-Karben / 09.08.2015

Detailed evaluation

**Bastady-Bieniek, Frauke**

Club: Idstein-Runners  
Number: 2503

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 47:28

Speed: 12.64 km/h

Rank in course/Total: 46 (of 171)

Rank in course/Women: 2 (of 44)

Best time in course: 47:19

Rank in category: 1(of 6)

Best time in the category: 47:28