



27. Karbener Stadtlauf  
Klein-Karben / 07.08.2016

Detailed evaluation

Löwer, Bok Ja

Club: TSV 08 Grävenwiesbach  
Number: 2715

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W70 (70-74 Jahre)

Total time: 1:02:03

Speed: 9.67 km/h  
Running performance: 6:12 min/km

Rank in course/Total: 125 (of 157)

Rank in course/Women: 30 (of 43)

Best time in course: 38:47

Rank in category: 1(of 1)

Best time in the category: 1:02:03