



27. Karbener Stadtlauf
Klein-Karben / 07.08.2016

Detailed evaluation

Spranz, Laura

Club: Spiridon Frankfurt
Number: 2056

Course: 21.10 km
Halbmarathon

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:38:10

Speed: 12.84 km/h
Running performance: 4:39 min/km

Rank in course/Total: 29 (of 131)

Rank in course/Women: 1 (of 29)

Best time in course: 1:38:10

Rank in category: 1(of 5)

Best time in the category: 1:38:10