



28. Karbener Stadtlauf  
Klein-Karben / 13.08.2017

Detailed evaluation

**Kern, Helena**

Club: Karben  
Number: 1418

Course: 5.40 km  
Jedermannlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 46:28

Speed: 6.46 km/h  
Running performance: 8:36 min/km

Rank in course/Total: 69 (of 71)  
Rank in course/Women: 37 (of 38)  
Best time in course: 23:26

Rank in category: 5(of 5)  
Best time in the category: 32:21