



28. Karbener Stadtlauf  
Klein-Karben / 13.08.2017

Detailed evaluation

Heff, Tanja

Club: Bad Homburg  
Number: 2886

Course: 10.00 km  
10 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 54:40

Speed: 10.98 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 93 (of 205)

Rank in course/Women: 19 (of 71)

Best time in course: 42:46

Rank in category: 2(of 8)

Best time in the category: 53:59