



28. Karbener Stadtlauf
Klein-Karben / 13.08.2017

Detailed evaluation

JAKOB, Tatjana

Club: Westerwaldrunners
Number: 2783

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 55:59

Speed: 10.72 km/h
Running performance: 5:36 min/km

Rank in course/Total: 107 (of 205)

Rank in course/Women: 26 (of 71)

Best time in course: 42:46

Rank in category: 2(of 9)

Best time in the category: 51:21