



28. Karbener Stadtlauf
Klein-Karben / 13.08.2017

Detailed evaluation

Rühl, Ute

Club: bELC 89 Frankfurt
Number: 2882

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 57:29

Speed: 10.44 km/h
Running performance: 5:45 min/km

Rank in course/Total: 125 (of 205)

Rank in course/Women: 32 (of 71)

Best time in course: 42:46

Rank in category: 4(of 7)

Best time in the category: 48:14