



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Rübmann, Sonja

Club: TSV MA - Schönau

Number: 287

Course: 5.57 km

6 km Run

Category:

Frauen W20

Total time: 29:06

Speed: 10.31 km/h

Running performance: 5:13 min/km

Rank in course/Total: 68 (of 158)

Rank in course/Women: 6 (of 54)

Best time in course: 25:46

Rank in category: 3(of 10)

Best time in the category: 26:53