



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Mainzer, Albertine

Club: Mannheim

Number: 309

Course: 5.57 km

6 km Run

Category:

Frauen W40

Total time: 29:20

Speed: 10.23 km/h

Running performance: 5:16 min/km

Rank in course/Total: 72 (of 158)

Rank in course/Women: 7 (of 54)

Best time in course: 25:46

Rank in category: 1(of 11)

Best time in the category: 29:20