



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schranz, Corinna

Club: Mannheim

Number: 365

Course: 5.57 km

6 km Run

Category:

Frauen W40

Total time: 30:26

Speed: 9.86 km/h

Running performance: 5:28 min/km

Rank in course/Total: 77 (of 158)

Rank in course/Women: 11 (of 54)

Best time in course: 25:46

Rank in category: 4(of 11)

Best time in the category: 29:20