



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Karch, Maria**

Club: Ladenburg

Number: 366

Course: 5.57 km

6 km Run

Category:

Frauen W40

Total time: 30:27

Speed: 9.85 km/h

Running performance: 5:28 min/km

Rank in course/Total: 78 (of 158)

Rank in course/Women: 12 (of 54)

Best time in course: 25:46

Rank in category: 5(of 11)

Best time in the category: 29:20