



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

kolb, sylvia

Club: mannheim

Number: 357

Course: 5.57 km

6 km Run

Category:

Frauen W35

Total time: 30:41

Speed: 9.78 km/h

Running performance: 5:31 min/km

Rank in course/Total: 81 (of 158)

Rank in course/Women: 14 (of 54)

Best time in course: 25:46

Rank in category: 1(of 3)

Best time in the category: 30:41