



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Krüttgen, Nicole

Club: Mannheim

Number: 363

Course: 5.57 km

6 km Run

Category:

Frauen W35

Total time: 31:18

Speed: 9.58 km/h

Running performance: 5:37 min/km

Rank in course/Total: 91 (of 158)

Rank in course/Women: 18 (of 54)

Best time in course: 25:46

Rank in category: 2(of 3)

Best time in the category: 30:41