



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Hennig, Petra

Club: Mannheimer Rückenwind

Number: 361

Course: 5.57 km

6 km Run

Category:

Frauen W50

Total time: 31:20

Speed: 9.57 km/h

Running performance: 5:38 min/km

Rank in course/Total: 92 (of 158)

Rank in course/Women: 19 (of 54)

Best time in course: 25:46

Rank in category: 2(of 7)

Best time in the category: 30:18