



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**zax, nicole**

Club: mannheim

Number: 355

Course: 5.57 km

6 km Run

Category:

Frauen W20

Total time: 33:07

Speed: 9.06 km/h

Running performance: 5:57 min/km

Rank in course/Total: 110 (of 158)

Rank in course/Women: 26 (of 54)

Best time in course: 25:46

Rank in category: 8(of 10)

Best time in the category: 26:53