



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Hilpert, Erika

Club: Mannheim

Number: 313

Course: 5.57 km

6 km Run

Category:

Frauen W45

Total time: 35:50

Speed: 8.37 km/h

Running performance: 6:26 min/km

Rank in course/Total: 129 (of 158)

Rank in course/Women: 32 (of 54)

Best time in course: 25:46

Rank in category: 3(of 7)

Best time in the category: 28:45