



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Jones, Elke

Club: SG Stern Mannheim

Number: 311

Course: 5.57 km

6 km Run

Category:

Frauen W45

Total time: 37:40

Speed: 7.96 km/h

Running performance: 6:46 min/km

Rank in course/Total: 137 (of 158)

Rank in course/Women: 37 (of 54)

Best time in course: 25:46

Rank in category: 4(of 7)

Best time in the category: 28:45