



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Metzger, Nicole**

Club: Sort-Waldkindergarten

Number: 308

Course: 5.57 km

6 km Run

Category:

Frauen W40

Total time: 37:45

Speed: 7.95 km/h

Running performance: 6:47 min/km

Rank in course/Total: 139 (of 158)

Rank in course/Women: 38 (of 54)

Best time in course: 25:46

Rank in category: 8(of 11)

Best time in the category: 29:20