



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Smola, Magdalena

Club: Mannheim

Number: 296

Course: 5.57 km

6 km Run

Category:

Frauen W30

Total time: 38:01

Speed: 7.89 km/h

Running performance: 6:50 min/km

Rank in course/Total: 140 (of 158)

Rank in course/Women: 39 (of 54)

Best time in course: 25:46

Rank in category: 7(of 7)

Best time in the category: 25:46