



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Thaysen, Grethe

Club: TV Rheinau 1893

Number: 675

Course: 11.30 km

11,3 km Run

Category:

Frauen W45

Total time: 48:20

Speed: 13.66 km/h

Running performance: 4:17 min/km

Rank in course/Total: 11 (of 182)

Rank in course/Women: 1 (of 47)

Best time in course: 48:20

Rank in category: 1(of 12)

Best time in the category: 48:20