



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Johann, Claudia

Club: Rhoi-Flitzer Manheim

Number: 320

Course: 5.57 km

6 km Run

Category:

Frauen W50

Total time: 38:37

Speed: 7.77 km/h

Running performance: 6:56 min/km

Rank in course/Total: 144 (of 158)

Rank in course/Women: 42 (of 54)

Best time in course: 25:46

Rank in category: 6(of 7)

Best time in the category: 30:18