



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Crawford, Brigitte

Club: Rhoi-Flitzer Mannheim

Number: 321

Course: 5.57 km

6 km Run

Category:

Frauen W50

Total time: 38:47

Speed: 7.74 km/h

Running performance: 6:58 min/km

Rank in course/Total: 145 (of 158)

Rank in course/Women: 43 (of 54)

Best time in course: 25:46

Rank in category: 7(of 7)

Best time in the category: 30:18