



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Hildenbrand, Maike

Club: Heidelberg

Number: 284

Course: 5.57 km

6 km Run

Category:

Frauen W20

Total time: 39:27

Speed: 7.60 km/h

Running performance: 7:05 min/km

Rank in course/Total: 147 (of 158)

Rank in course/Women: 45 (of 54)

Best time in course: 25:46

Rank in category: 9(of 10)

Best time in the category: 26:53