



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Baunach, Gerlinde

Club: Bittersüß

Number: 624

Course: 11.30 km

11,3 km Run

Category:

Frauen W45

Total time: 50:06

Speed: 13.17 km/h

Running performance: 4:26 min/km

Rank in course/Total: 21 (of 182)

Rank in course/Women: 2 (of 47)

Best time in course: 48:20

Rank in category: 2(of 12)

Best time in the category: 48:20