



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Strohschnitter, Sandra

Number: 689

Course: 11.30 km

11,3 km Run

Category:

Frauen W35

Total time: 51:31

Speed: 12.81 km/h

Running performance: 4:34 min/km

Rank in course/Total: 39 (of 182)

Rank in course/Women: 3 (of 47)

Best time in course: 48:20

Rank in category: 1(of 10)

Best time in the category: 51:31