



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Krüger, Regina

Club: Sportomed

Number: 306

Course: 5.57 km

6 km Run

Category:

Frauen W40

Total time: 41:51

Speed: 7.17 km/h

Running performance: 7:31 min/km

Rank in course/Total: 151 (of 158)

Rank in course/Women: 48 (of 54)

Best time in course: 25:46

Rank in category: 11(of 11)

Best time in the category: 29:20