



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Koehler, Silvia

Club: Mannheim

Number: 310

Course: 5.57 km

6 km Run

Category:

Frauen W45

Total time: 42:29

Speed: 7.06 km/h

Running performance: 7:38 min/km

Rank in course/Total: 154 (of 158)

Rank in course/Women: 50 (of 54)

Best time in course: 25:46

Rank in category: 6(of 7)

Best time in the category: 28:45