



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Thurn, Ingrid

Club: Mannheim

Number: 382

Course: 5.57 km

6 km Run

Category:

Frauen W45

Total time: 43:05

Speed: 6.96 km/h

Running performance: 7:44 min/km

Rank in course/Total: 155 (of 158)

Rank in course/Women: 51 (of 54)

Best time in course: 25:46

Rank in category: 7(of 7)

Best time in the category: 28:45