



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Weigl, Karin

Club: LT Bernd Hübner

Number: 630

Course: 11.30 km

11,3 km Run

Category:

Frauen W45

Total time: 53:51

Speed: 12.26 km/h

Running performance: 4:46 min/km

Rank in course/Total: 53 (of 182)

Rank in course/Women: 4 (of 47)

Best time in course: 48:20

Rank in category: 3(of 12)

Best time in the category: 48:20