



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

#### Sauerland, Christine

Club: LG MuLi

Number: 638

Course: 11.30 km

11,3 km Run

Category:

Frauen W40

Total time: 53:51

Speed: 12.26 km/h

Running performance: 4:46 min/km

Rank in course/Total: 54 (of 182)

Rank in course/Women: 5 (of 47)

Best time in course: 48:20

Rank in category: 1(of 7)

Best time in the category: 53:51