



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Ambacher, Lara

Club: Mannheim

Number: 50

Course: 1.50 km

1,5 km KITZ-Lauf

Category:

weibliche Schüler

Total time: 8:01

Speed: 7.48 km/h

Running performance: 5:20 min/km

Rank in course/Total: 27 (of 52)

Rank in course/Women: 11 (of 21)

Best time in course: 6:38

Rank in category: 11(of 21)

Best time in the category: 6:38