



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Popp, Helena

Club: Mannheim

Number: 608

Course: 11.30 km

11,3 km Run

Category:

Frauen W20

Total time: 56:00

Speed: 11.79 km/h

Running performance: 4:58 min/km

Rank in course/Total: 80 (of 182)

Rank in course/Women: 7 (of 47)

Best time in course: 48:20

Rank in category: 1(of 8)

Best time in the category: 56:00