



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Riffel, Andrea

Club: WSV Sandhofen

Number: 674

Course: 11.30 km

11,3 km Run

Category:

Frauen W45

Total time: 57:29

Speed: 11.48 km/h

Running performance: 5:05 min/km

Rank in course/Total: 92 (of 182)

Rank in course/Women: 8 (of 47)

Best time in course: 48:20

Rank in category: 4(of 12)

Best time in the category: 48:20