



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Werner, andrea

Club: mannheim

Number: 669

Course: 11.30 km

11,3 km Run

Category:

Frauen W35

Total time: 1:00:14

Speed: 10.96 km/h

Running performance: 5:20 min/km

Rank in course/Total: 105 (of 182)

Rank in course/Women: 11 (of 47)

Best time in course: 48:20

Rank in category: 3(of 10)

Best time in the category: 51:31