



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Scalé, Angelika

Club: LG MuLi

Number: 620

Course: 11.30 km

11,3 km Run

Category:

Frauen W40

Total time: 1:03:13

Speed: 10.44 km/h

Running performance: 5:35 min/km

Rank in course/Total: 125 (of 182)

Rank in course/Women: 15 (of 47)

Best time in course: 48:20

Rank in category: 5(of 7)

Best time in the category: 53:51