



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Herrmann, Beate**

Club: Intern. Marathonclub

Number: 672

Course: 11.30 km

11,3 km Run

Category:

Frauen W45

Total time: 1:03:18

Speed: 10.43 km/h

Running performance: 5:36 min/km

Rank in course/Total: 128 (of 182)

Rank in course/Women: 16 (of 47)

Best time in course: 48:20

Rank in category: 5(of 12)

Best time in the category: 48:20