



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Brummer, Sandra

Club: Mannheim

Number: 609

Course: 11.30 km

11,3 km Run

Category:

Frauen W30

Total time: 1:04:25

Speed: 10.25 km/h

Running performance: 5:42 min/km

Rank in course/Total: 132 (of 182)

Rank in course/Women: 18 (of 47)

Best time in course: 48:20

Rank in category: 1(of 2)

Best time in the category: 1:04:25