



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Wirth, Michaela**

Club: Mannheim

Number: 610

Course: 11.30 km

11,3 km Run

Category:

Frauen W30

Total time: 1:04:28

Speed: 10.24 km/h

Running performance: 5:43 min/km

Rank in course/Total: 133 (of 182)

Rank in course/Women: 19 (of 47)

Best time in course: 48:20

Rank in category: 2(of 2)

Best time in the category: 1:04:25