



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Strenger, Sandra

Club: Mannheim

Number: 602

Course: 11.30 km

11,3 km Run

Category:

Frauen W20

Total time: 1:05:17

Speed: 10.11 km/h

Running performance: 5:47 min/km

Rank in course/Total: 143 (of 182)

Rank in course/Women: 23 (of 47)

Best time in course: 48:20

Rank in category: 5(of 8)

Best time in the category: 56:00