



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

ofenloch, karin

Club: mannheim

Number: 676

Course: 11.30 km

11,3 km Run

Category:

Frauen W50

Total time: 1:05:40

Speed: 10.05 km/h

Running performance: 5:49 min/km

Rank in course/Total: 148 (of 182)

Rank in course/Women: 27 (of 47)

Best time in course: 48:20

Rank in category: 1(of 3)

Best time in the category: 1:05:40