



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Kern, Conny**

Club: LT Karlstern

Number: 627

Course: 11.30 km

11,3 km Run

Category:

Frauen W45

Total time: 1:06:17

Speed: 9.96 km/h

Running performance: 5:52 min/km

Rank in course/Total: 152 (of 182)

Rank in course/Women: 29 (of 47)

Best time in course: 48:20

Rank in category: 9(of 12)

Best time in the category: 48:20