



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Lotz, Tina

Club: Spvgg Sandhofen

Number: 716

Course: 11.30 km

11,3 km Run

Category:

Frauen W20

Total time: 1:06:53

Speed: 9.87 km/h

Running performance: 5:55 min/km

Rank in course/Total: 153 (of 182)

Rank in course/Women: 30 (of 47)

Best time in course: 48:20

Rank in category: 7(of 8)

Best time in the category: 56:00