



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

noetzel, marianne

Club: familienlauf

Number: 628

Course: 11.30 km

11,3 km Run

Category:

Frauen W45

Total time: 1:08:46

Speed: 9.60 km/h

Running performance: 6:05 min/km

Rank in course/Total: 156 (of 182)

Rank in course/Women: 32 (of 47)

Best time in course: 48:20

Rank in category: 10(of 12)

Best time in the category: 48:20