



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schadow, Marion

Club: Mannheim

Number: 616

Course: 11.30 km

11,3 km Run

Category:

Frauen W35

Total time: 1:10:52

Speed: 9.31 km/h

Running performance: 6:16 min/km

Rank in course/Total: 163 (of 182)

Rank in course/Women: 35 (of 47)

Best time in course: 48:20

Rank in category: 7(of 10)

Best time in the category: 51:31