



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Knecht, Monika

Club: Fit Plus

Number: 635

Course: 11.30 km

11,3 km Run

Category:

Frauen W55

Total time: 1:10:54

Speed: 9.31 km/h

Running performance: 6:16 min/km

Rank in course/Total: 164 (of 182)

Rank in course/Women: 36 (of 47)

Best time in course: 48:20

Rank in category: 2(of 4)

Best time in the category: 1:07:13