



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Weidner, Karin**

Club: Rhoi-Flitzer Manheim

Number: 634

Course: 11.30 km

11,3 km Run

Category:

Frauen W50

Total time: 1:11:23

Speed: 9.25 km/h

Running performance: 6:19 min/km

Rank in course/Total: 165 (of 182)

Rank in course/Women: 37 (of 47)

Best time in course: 48:20

Rank in category: 2(of 3)

Best time in the category: 1:05:40