



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

von Podewils, Grit

Club: Weinheim

Number: 636

Course: 11.30 km

11,3 km Run

Category:

Frauen W55

Total time: 1:12:19

Speed: 9.13 km/h

Running performance: 6:24 min/km

Rank in course/Total: 168 (of 182)

Rank in course/Women: 38 (of 47)

Best time in course: 48:20

Rank in category: 3(of 4)

Best time in the category: 1:07:13