



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Kapp, Petra

Club: Mannheim

Number: 681

Course: 11.30 km

11,3 km Run

Category:

Frauen W40

Total time: 1:15:47

Speed: 8.71 km/h

Running performance: 6:43 min/km

Rank in course/Total: 173 (of 182)

Rank in course/Women: 40 (of 47)

Best time in course: 48:20

Rank in category: 6(of 7)

Best time in the category: 53:51