



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Haller, Beate

Club: Rhoi-Flitzer Manheim

Number: 632

Course: 11.30 km

11,3 km Run

Category:

Frauen W50

Total time: 1:21:39

Speed: 8.08 km/h

Running performance: 7:14 min/km

Rank in course/Total: 177 (of 182)

Rank in course/Women: 43 (of 47)

Best time in course: 48:20

Rank in category: 3(of 3)

Best time in the category: 1:05:40