



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Tremmel, Mirjam**

Club: LG Bruch

Number: 601

Course: 11.30 km

11,3 km Run

Category:

Frauen W20

Total time: 1:21:44

Speed: 8.08 km/h

Running performance: 7:14 min/km

Rank in course/Total: 178 (of 182)

Rank in course/Women: 44 (of 47)

Best time in course: 48:20

Rank in category: 8(of 8)

Best time in the category: 56:00