



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Langford, Gail

Club: Schweinfurt

Number: 702

Course: 11.30 km

11,3 km Run

Category:

Frauen W55

Total time: 1:22:28

Speed: 8.00 km/h

Running performance: 7:18 min/km

Rank in course/Total: 179 (of 182)

Rank in course/Women: 45 (of 47)

Best time in course: 48:20

Rank in category: 4(of 4)

Best time in the category: 1:07:13