



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Rice, Elisabeth

Club: Heidelberg International Marathon Club
Number: 705

Course: 11.30 km
11,3 km Run

Category:
Frauen W45

Total time: 1:26:54

Speed: 7.80 km/h
Running performance: 7:41 min/km

Rank in course/Total: 180 (of 182)

Rank in course/Women: 46 (of 47)

Best time in course: 48:20

Rank in category: 12(of 12)

Best time in the category: 48:20