



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Opper, Nicole**

Club: Mannheim

Number: 612

Course: 11.30 km

11,3 km Run

Category:

Frauen W35

Total time: 1:35:35

Speed: 6.90 km/h

Running performance: 8:28 min/km

Rank in course/Total: 181 (of 182)

Rank in course/Women: 47 (of 47)

Best time in course: 48:20

Rank in category: 10(of 10)

Best time in the category: 51:31