



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Ries, Mirjam

Club: Mannheim  
Number: 322

Course: 6.00 km  
6 km Run

Category:  
Frauen W20

Total time: 30:33

Speed: 11.78 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 46 (of 174)

Rank in course/Women: 10 (of 82)

Best time in course: 26:34

Rank in category: 3(of 12)

Best time in the category: 27:07