



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Daher, Helena

Club: Mannheim  
Number: 65

Course: 1.50 km  
1,5 km KITZ-Lauf

Category:  
weibliche Schüler

Total time: 6:49

Speed: 13.20 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 11 (of 61)  
Rank in course/Women: 2 (of 20)  
Best time in course: 6:42

Rank in category: 2(of 20)  
Best time in the category: 6:42