



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

**Ambrosa, Nina**

Club: Mannheim  
Number: 383

Course: 6.00 km  
6 km Run

Category:  
Frauen W45

Total time: 33:53

Speed: 10.62 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 82 (of 174)

Rank in course/Women: 26 (of 82)

Best time in course: 26:34

Rank in category: 2(of 9)

Best time in the category: 31:05