



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Nickstadt, Susanne

Club: Mannheim  
Number: 305

Course: 6.00 km  
6 km Run

Category:  
Frauen W45

Total time: 34:00

Speed: 10.59 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 84 (of 174)

Rank in course/Women: 28 (of 82)

Best time in course: 26:34

Rank in category: 3(of 9)

Best time in the category: 31:05