



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Zickgraf, Sonja

Club: Ludwigshafen  
Number: 365

Course: 6.00 km  
6 km Run

Category:  
Frauen W30

Total time: 34:56

Speed: 10.31 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 101 (of 174)

Rank in course/Women: 34 (of 82)

Best time in course: 26:34

Rank in category: 8(of 9)

Best time in the category: 26:39