



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Spiesberger, Birgit

Club: LT Brühl Rohrhof
Number: 342

Course: 6.00 km
6 km Run

Category:
Frauen W45

Total time: 35:13

Speed: 10.22 km/h
Running performance: 5:52 min/km

Rank in course/Total: 103 (of 174)

Rank in course/Women: 36 (of 82)

Best time in course: 26:34

Rank in category: 5(of 9)

Best time in the category: 31:05