



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

**Gantner, Rosita**

Club: Ilvesheim  
Number: 233

Course: 6.00 km  
6 km Run

Category:  
Frauen W40

Total time: 37:21

Speed: 9.64 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 124 (of 174)

Rank in course/Women: 47 (of 82)

Best time in course: 26:34

Rank in category: 9(of 19)

Best time in the category: 30:10