



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Schwalm, Simone

Club: Ladenburg  
Number: 338

Course: 6.00 km  
6 km Run

Category:  
Frauen W20

Total time: 40:56

Speed: 8.79 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 149 (of 174)

Rank in course/Women: 64 (of 82)

Best time in course: 26:34

Rank in category: 10(of 12)

Best time in the category: 27:07