



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Schmucker, Ellen

Club: Mannheim  
Number: 332

Course: 6.00 km  
6 km Run

Category:  
Frauen W40

Total time: 42:09

Speed: 8.54 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 155 (of 174)

Rank in course/Women: 68 (of 82)

Best time in course: 26:34

Rank in category: 15(of 19)

Best time in the category: 30:10