



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Johann, Claudia

Club: Rhoi -Flitzer Mannheim  
Number: 394

Course: 6.00 km  
6 km Run

Category:  
Frauen W50

Total time: 44:31

Speed: 8.09 km/h  
Running performance: 7:25 min/km

Rank in course/Total: 161 (of 174)

Rank in course/Women: 72 (of 82)

Best time in course: 26:34

Rank in category: 9(of 11)

Best time in the category: 29:03