



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Thurn, Ingrid

Club: Mannheim
Number: 382

Course: 6.00 km
6 km Run

Category:
Frauen W45

Total time: 45:35

Speed: 7.90 km/h
Running performance: 7:36 min/km

Rank in course/Total: 165 (of 174)

Rank in course/Women: 74 (of 82)

Best time in course: 26:34

Rank in category: 9(of 9)

Best time in the category: 31:05