



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Spoor, Maria

Club: LG MuLi
Number: 683

Course: 12.00 km
12 km Run

Category:
Frauen W40

Total time: 59:05

Speed: 12.19 km/h
Running performance: 4:55 min/km

Rank in course/Total: 82 (of 236)

Rank in course/Women: 5 (of 61)

Best time in course: 52:06

Rank in category: 1(of 12)

Best time in the category: 59:05