



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Kiel, Cordula

Club: Alla hopp - losses laafe  
Number: 587

Course: 12.00 km  
12 km Run

Category:  
Frauen W35

Total time: 59:30

Speed: 12.10 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 89 (of 236)

Rank in course/Women: 7 (of 61)

Best time in course: 52:06

Rank in category: 1(of 10)

Best time in the category: 59:30