



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

schwarz-lurf, ingrid

Club: mannheim  
Number: 672

Course: 12.00 km  
12 km Run

Category:  
Frauen W30

Total time: 1:00:31

Speed: 11.90 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 103 (of 236)

Rank in course/Women: 9 (of 61)

Best time in course: 52:06

Rank in category: 2(of 6)

Best time in the category: 52:22