



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Schleyer, Elke

Club: Rhoi -Flitzer Mannheim
Number: 656

Course: 12.00 km
12 km Run

Category:
Frauen W40

Total time: 1:00:45

Speed: 11.85 km/h
Running performance: 5:04 min/km

Rank in course/Total: 105 (of 236)

Rank in course/Women: 11 (of 61)

Best time in course: 52:06

Rank in category: 3(of 12)

Best time in the category: 59:05