



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Heltmann, Heike

Club: Mannheim
Number: 566

Course: 12.00 km
12 km Run

Category:
Frauen W20

Total time: 1:01:28

Speed: 11.71 km/h
Running performance: 5:07 min/km

Rank in course/Total: 109 (of 236)

Rank in course/Women: 13 (of 61)

Best time in course: 52:06

Rank in category: 2(of 14)

Best time in the category: 52:06