



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Seib, Silke

Club: Weinheim
Number: 674

Course: 12.00 km
12 km Run

Category:
Frauen W35

Total time: 1:04:06

Speed: 11.23 km/h
Running performance: 5:20 min/km

Rank in course/Total: 130 (of 236)

Rank in course/Women: 17 (of 61)

Best time in course: 52:06

Rank in category: 2(of 10)

Best time in the category: 59:30