



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Pankrat, Katrin

Club: Heidelberg
Number: 629

Course: 12.00 km
12 km Run

Category:
Frauen W40

Total time: 1:05:58

Speed: 10.91 km/h
Running performance: 5:30 min/km

Rank in course/Total: 154 (of 236)

Rank in course/Women: 26 (of 61)

Best time in course: 52:06

Rank in category: 7(of 12)

Best time in the category: 59:05