



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Herrmann, Beate

Club: Internationaler Marathon-Club  
Number: 569

Course: 12.00 km  
12 km Run

Category:  
Frauen W45

Total time: 1:08:06

Speed: 10.57 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 175 (of 236)

Rank in course/Women: 34 (of 61)

Best time in course: 52:06

Rank in category: 4(of 11)

Best time in the category: 55:40