



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Roland, Frauke

Club: Mannheim
Number: 646

Course: 12.00 km
12 km Run

Category:
Frauen W30

Total time: 1:08:26

Speed: 10.52 km/h
Running performance: 5:42 min/km

Rank in course/Total: 177 (of 236)

Rank in course/Women: 36 (of 61)

Best time in course: 52:06

Rank in category: 4(of 6)

Best time in the category: 52:22