



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Frede, Gaby

Club: Weinheim

Number: 548

Course: 12.00 km

12 km Run

Category:

Frauen W45

Total time: 1:11:06

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 195 (of 236)

Rank in course/Women: 42 (of 61)

Best time in course: 52:06

Rank in category: 7(of 11)

Best time in the category: 55:40