



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Wirth, Michaela

Club: Mannheim  
Number: 716

Course: 12.00 km  
12 km Run

Category:  
Frauen W30

Total time: 1:14:55

Speed: 9.61 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 210 (of 236)

Rank in course/Women: 48 (of 61)

Best time in course: 52:06

Rank in category: 6(of 6)

Best time in the category: 52:22