



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Seltenreich, Martina

Club: Luschka + Wagenmann  
Number: 535

Course: 6.00 km  
6 km Run

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 34:24

Speed: 10.47 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 73 (of 175)

Rank in course/Women: 24 (of 95)

Best time in course: 24:14

Rank in category: 6(of 16)

Best time in the category: 28:25