



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Spiesberger, Birgit

Club: Lauftreff Brühl-Rohrhof
Number: 549

Course: 6.00 km
6 km Run

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 35:29

Speed: 10.15 km/h
Running performance: 5:55 min/km

Rank in course/Total: 89 (of 175)

Rank in course/Women: 35 (of 95)

Best time in course: 24:14

Rank in category: 5(of 17)

Best time in the category: 32:15