



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Hess, Frauke

Club: Hirschberg  
Number: 555

Course: 6.00 km  
6 km Run

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 42:16

Speed: 8.52 km/h  
Running performance: 7:02 min/km

Rank in course/Total: 147 (of 175)

Rank in course/Women: 74 (of 95)

Best time in course: 24:14

Rank in category: 14(of 17)

Best time in the category: 32:15