



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Heltmann, Heike

Club: Mannheim
Number: 252

Course: 12.00 km
12 km Run

Category:
Frauen (20-29 Jahre)

Total time: 59:41

Speed: 12.06 km/h
Running performance: 4:58 min/km

Rank in course/Total: 115 (of 268)

Rank in course/Women: 14 (of 77)

Best time in course: 49:00

Rank in category: 5(of 22)

Best time in the category: 49:56