



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

**Schaider, Silke**

Club: Melibusjogger  
Number: 207

Course: 12.00 km  
12 km Run

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:05:44

Speed: 10.95 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 185 (of 268)

Rank in course/Women: 38 (of 77)

Best time in course: 49:00

Rank in category: 8(of 18)

Best time in the category: 49:00