



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Herrmann, Beate

Club: Running Club Heidelberg
Number: 222

Course: 12.00 km
12 km Run

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:10:03

Speed: 10.28 km/h
Running performance: 5:50 min/km

Rank in course/Total: 218 (of 268)

Rank in course/Women: 50 (of 77)

Best time in course: 49:00

Rank in category: 7(of 12)

Best time in the category: 55:36