



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Albat, Iris

Club: Mannheim
Number: 500

Course: 6.00 km
6 km Run

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 29:18

Speed: 12.29 km/h
Running performance: 4:53 min/km

Rank in course/Total: 37 (of 204)

Rank in course/Women: 5 (of 92)

Best time in course: 23:50

Rank in category: 1(of 21)

Best time in the category: 29:18