



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Ambacher, Kara

Club: Mannheim
Number: 709

Course: 6.00 km
6 km Run

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 30:33

Speed: 11.78 km/h
Running performance: 5:05 min/km

Rank in course/Total: 50 (of 204)

Rank in course/Women: 8 (of 92)

Best time in course: 23:50

Rank in category: 2(of 5)

Best time in the category: 28:31