



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Holz, Yasmin

Club: Mannheim
Number: 717

Course: 6.00 km
6 km Run

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 30:45

Speed: 11.71 km/h
Running performance: 5:07 min/km

Rank in course/Total: 51 (of 204)

Rank in course/Women: 9 (of 92)

Best time in course: 23:50

Rank in category: 2(of 9)

Best time in the category: 29:45