



7. Karlsternlauf  
Mannheim / 16.06.2013

Detailed evaluation

Morlock, Iris

Club: Mannheim  
Number: 605

Course: 6.00 km  
6 km Run

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 30:50

Speed: 11.68 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 52 (of 204)  
Rank in course/Women: 10 (of 92)  
Best time in course: 23:50

Rank in category: 3(of 9)  
Best time in the category: 29:45