



7. Karlsternlauf  
Mannheim / 16.06.2013

Detailed evaluation

Rübmann, Sonja

Club: TSV MA-Schönau  
Number: 633

Course: 6.00 km  
6 km Run

Category:  
Frauen (20-29 Jahre)

Total time: 31:05

Speed: 11.58 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 53 (of 204)

Rank in course/Women: 11 (of 92)

Best time in course: 23:50

Rank in category: 4(of 14)

Best time in the category: 27:57