



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Albrecht, Martina

Club: TSV05 Rot
Number: 502

Course: 6.00 km
6 km Run

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 31:35

Speed: 11.40 km/h
Running performance: 5:16 min/km

Rank in course/Total: 58 (of 204)

Rank in course/Women: 12 (of 92)

Best time in course: 23:50

Rank in category: 1(of 14)

Best time in the category: 31:35