



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Ernst, Tanja**

Club: Lampertheim  
Number: 531

Course: 6.00 km  
6 km Run

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 33:46

Speed: 10.66 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 89 (of 204)

Rank in course/Women: 18 (of 92)

Best time in course: 23:50

Rank in category: 4(of 9)

Best time in the category: 29:45