



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