



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Sturm-Spears, Rita

Club: Brühl
Number: 668

Course: 6.00 km
6 km Run

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 33:54

Speed: 10.62 km/h
Running performance: 5:39 min/km

Rank in course/Total: 91 (of 204)
Rank in course/Women: 20 (of 92)
Best time in course: 23:50

Rank in category: 1(of 4)
Best time in the category: 33:54