



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Poubouridis, Kirsten**

Club: Lampertheim  
Number: 615

Course: 6.00 km  
6 km Run

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 33:58

Speed: 10.60 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 92 (of 204)

Rank in course/Women: 21 (of 92)

Best time in course: 23:50

Rank in category: 3(of 21)

Best time in the category: 29:18