



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Joos, Lisa

Club: Mannheim
Number: 571

Course: 6.00 km
6 km Run

Category:
Frauen (20-29 Jahre)

Total time: 34:13

Speed: 10.52 km/h
Running performance: 5:42 min/km

Rank in course/Total: 95 (of 204)

Rank in course/Women: 23 (of 92)

Best time in course: 23:50

Rank in category: 7(of 14)

Best time in the category: 27:57