



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Haus, Manuela

Club: Mannheim
Number: 550

Course: 6.00 km
6 km Run

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 34:57

Speed: 10.30 km/h
Running performance: 5:49 min/km

Rank in course/Total: 102 (of 204)

Rank in course/Women: 27 (of 92)

Best time in course: 23:50

Rank in category: 3(of 11)

Best time in the category: 33:20