



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Dehn, Christiane

Club: Mannheim
Number: 518

Course: 6.00 km
6 km Run

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 35:37

Speed: 10.11 km/h
Running performance: 5:56 min/km

Rank in course/Total: 110 (of 204)

Rank in course/Women: 31 (of 92)

Best time in course: 23:50

Rank in category: 6(of 21)

Best time in the category: 29:18