



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Kern, Conny

Club: LT Karlstern
Number: 575

Course: 6.00 km
6 km Run

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 37:12

Speed: 9.68 km/h
Running performance: 6:12 min/km

Rank in course/Total: 132 (of 204)

Rank in course/Women: 42 (of 92)

Best time in course: 23:50

Rank in category: 5(of 11)

Best time in the category: 33:20