



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Otto, Christina

Club: aok running team
Number: 608

Course: 6.00 km
6 km Run

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 37:18

Speed: 9.65 km/h
Running performance: 6:13 min/km

Rank in course/Total: 133 (of 204)

Rank in course/Women: 43 (of 92)

Best time in course: 23:50

Rank in category: 9(of 21)

Best time in the category: 29:18