



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Napp, Silvia**

Club: Kinderladen Hafenbande  
Number: 607

Course: 6.00 km  
6 km Run

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 38:46

Speed: 9.29 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 150 (of 204)

Rank in course/Women: 54 (of 92)

Best time in course: 23:50

Rank in category: 6(of 9)

Best time in the category: 29:45