



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Spiesberger, Birgit**

Club: Laufftreff Brühl-Rohrhof  
Number: 660

Course: 6.00 km  
6 km Run

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 39:42

Speed: 9.07 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 162 (of 204)

Rank in course/Women: 64 (of 92)

Best time in course: 23:50

Rank in category: 8(of 11)

Best time in the category: 33:20