



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Riffel, Sandra

Club: Kocher Lauftreff
Number: 626

Course: 6.00 km
6 km Run

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 39:54

Speed: 9.02 km/h
Running performance: 6:39 min/km

Rank in course/Total: 166 (of 204)

Rank in course/Women: 67 (of 92)

Best time in course: 23:50

Rank in category: 10(of 14)

Best time in the category: 31:35