



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Tiedtke-Demmer, Tina

Club: Mannheim  
Number: 673

Course: 6.00 km  
6 km Run

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 40:20

Speed: 8.93 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 173 (of 204)

Rank in course/Women: 71 (of 92)

Best time in course: 23:50

Rank in category: 12(of 14)

Best time in the category: 31:35