



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Janke, Heike

Club: Mannheim
Number: 565

Course: 6.00 km
6 km Run

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 42:32

Speed: 8.46 km/h
Running performance: 7:05 min/km

Rank in course/Total: 187 (of 204)

Rank in course/Women: 80 (of 92)

Best time in course: 23:50

Rank in category: 10(of 11)

Best time in the category: 33:20