



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Koch-Hallas, Christine**

Club: Wald- und Sportkindergarten  
Number: 582

Course: 6.00 km  
6 km Run

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 42:33

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

Rank in course/Total: 189 (of 204)

Rank in course/Women: 81 (of 92)

Best time in course: 23:50

Rank in category: 18(of 21)

Best time in the category: 29:18