



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Opper, Nicole

Club: Mannheim
Number: 710

Course: 6.00 km
6 km Run

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 42:54

Speed: 8.39 km/h
Running performance: 7:09 min/km

Rank in course/Total: 190 (of 204)

Rank in course/Women: 82 (of 92)

Best time in course: 23:50

Rank in category: 13(of 14)

Best time in the category: 31:35