



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

adler, tanja

Club: LSV Ladenburg Triathlon  
Number: 1000

Course: 12.00 km  
12 km Run

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 53:05

Speed: 13.56 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 24 (of 169)

Rank in course/Women: 1 (of 38)

Best time in course: 53:05

Rank in category: 1(of 10)

Best time in the category: 53:05