



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Kühnl, Frauke

Club: Hirschberg
Number: 588

Course: 6.00 km
6 km Run

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 43:27

Speed: 8.29 km/h
Running performance: 7:14 min/km

Rank in course/Total: 191 (of 204)

Rank in course/Women: 83 (of 92)

Best time in course: 23:50

Rank in category: 19(of 21)

Best time in the category: 29:18