



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Krüger, Regina

Club: Lampertheim
Number: 1082

Course: 12.00 km
12 km Run

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 55:37

Speed: 12.95 km/h
Running performance: 4:38 min/km

Rank in course/Total: 39 (of 169)

Rank in course/Women: 2 (of 38)

Best time in course: 53:05

Rank in category: 1(of 3)

Best time in the category: 55:37