



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Kolb, Nicole

Club: Marathon-Team Ketsch
Number: 1074

Course: 12.00 km
12 km Run

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 58:10

Speed: 12.38 km/h
Running performance: 4:51 min/km

Rank in course/Total: 55 (of 169)

Rank in course/Women: 3 (of 38)

Best time in course: 53:05

Rank in category: 1(of 8)

Best time in the category: 58:10