



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Schaider, Silke**

Club: Bensheim  
Number: 1127

Course: 12.00 km  
12 km Run

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 59:49

Speed: 12.04 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 68 (of 169)

Rank in course/Women: 4 (of 38)

Best time in course: 53:05

Rank in category: 2(of 8)

Best time in the category: 58:10