



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Riffel, Andrea

Club: WSV Sandhofen
Number: 1115

Course: 12.00 km
12 km Run

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:04:38

Speed: 11.14 km/h
Running performance: 5:23 min/km

Rank in course/Total: 90 (of 169)

Rank in course/Women: 8 (of 38)

Best time in course: 53:05

Rank in category: 2(of 5)

Best time in the category: 1:01:16