



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Mangold, Simone**

Club: AC Weinheim  
Number: 1088

Course: 12.00 km  
12 km Run

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:06:36

Speed: 10.81 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 107 (of 169)

Rank in course/Women: 13 (of 38)

Best time in course: 53:05

Rank in category: 3(of 5)

Best time in the category: 1:01:16