



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