



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Wasmuss, Jeanette

Number: 1189

Course: 12.00 km  
12 km Run

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:07:48

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 116 (of 169)

Rank in course/Women: 17 (of 38)

Best time in course: 53:05

Rank in category: 4(of 5)

Best time in the category: 1:01:16