



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Walker, Helga**

Club: TV Rheinau 1893  
Number: 1174

Course: 12.00 km  
12 km Run

Category:  
Seniorinnen W70 (70-74 Jahre)

Total time: 1:08:29

Speed: 10.51 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 124 (of 169)

Rank in course/Women: 19 (of 38)

Best time in course: 53:05

Rank in category: 1(of 1)

Best time in the category: 1:08:29