



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Pflugfelder-Lenz, Sabine

Club: Mannheim
Number: 1108

Course: 12.00 km
12 km Run

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:08:43

Speed: 10.48 km/h
Running performance: 5:44 min/km

Rank in course/Total: 126 (of 169)

Rank in course/Women: 20 (of 38)

Best time in course: 53:05

Rank in category: 2(of 3)

Best time in the category: 55:37