



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