



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Unangst, Melanie

Club: Eigener  
Number: 1167

Course: 12.00 km  
12 km Run

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:09:40

Speed: 10.33 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 132 (of 169)

Rank in course/Women: 21 (of 38)

Best time in course: 53:05

Rank in category: 6(of 8)

Best time in the category: 58:10