



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Block, Elisa

Club: Mannheim
Number: 1013

Course: 12.00 km
12 km Run

Category:
Frauen (20-29 Jahre)

Total time: 1:10:34

Speed: 10.20 km/h
Running performance: 5:53 min/km

Rank in course/Total: 134 (of 169)

Rank in course/Women: 22 (of 38)

Best time in course: 53:05

Rank in category: 2(of 6)

Best time in the category: 1:05:22