



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Knecht, Monika

Club: Fitplus Heddesheim
Number: 1072

Course: 12.00 km
12 km Run

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 1:13:53

Speed: 9.75 km/h
Running performance: 6:10 min/km

Rank in course/Total: 144 (of 169)

Rank in course/Women: 24 (of 38)

Best time in course: 53:05

Rank in category: 1(of 1)

Best time in the category: 1:13:53