



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Birkkjaer, Sara**

Club: KGN Mannheim  
Number: 1200

Course: 12.00 km  
12 km Run

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:15:14

Speed: 9.57 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 150 (of 169)

Rank in course/Women: 28 (of 38)

Best time in course: 53:05

Rank in category: 8(of 10)

Best time in the category: 53:05