



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Mims, Lisette**

Club: Mannheim  
Number: 1096

Course: 12.00 km  
12 km Run

Category:  
Frauen (20-29 Jahre)

Total time: 1:20:18

Speed: 8.97 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 162 (of 169)

Rank in course/Women: 34 (of 38)

Best time in course: 53:05

Rank in category: 6(of 6)

Best time in the category: 1:05:22