



7. Karlsternlauf  
Mannheim / 16.06.2013

Detailed evaluation

Lorek-Meisel, Tina

Club: Spiridon Mannheim  
Number: 1087

Course: 12.00 km  
12 km Run

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:29:21

Speed: 8.06 km/h  
Running performance: 7:27 min/km

Rank in course/Total: 166 (of 169)

Rank in course/Women: 36 (of 38)

Best time in course: 53:05

Rank in category: 8(of 8)

Best time in the category: 58:10