



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Herrmann, Alexander

Club: Mannheim

Number: 334

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 27:41

Speed: 10.84 km/h

Running performance: 4:58 min/km

Rank in course/Total: 53 (of 158)

Rank in course/Men: 50 (of 104)

Best time in course: 20:14

Rank in category: 6(of 16)

Best time in the category: 21:27