



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Sinning, Stefan

Club: Schriesheim

Number: 224

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 27:47

Speed: 10.80 km/h

Running performance: 4:59 min/km

Rank in course/Total: 58 (of 158)

Rank in course/Men: 55 (of 104)

Best time in course: 20:14

Rank in category: 7(of 16)

Best time in the category: 21:27