



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Grün, Jürgen

Club: Mannheim

Number: 376

Course: 5.57 km

6 km Run

Category:

Männer M50

Total time: 28:11

Speed: 10.64 km/h

Running performance: 5:04 min/km

Rank in course/Total: 60 (of 158)

Rank in course/Men: 56 (of 104)

Best time in course: 20:14

Rank in category: 4(of 9)

Best time in the category: 23:14