



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schleinitz, Sven

Club: TSV MA - Schönau

Number: 208

Course: 5.57 km

6 km Run

Category:

Männer M30

Total time: 28:20

Speed: 10.59 km/h

Running performance: 5:05 min/km

Rank in course/Total: 61 (of 158)

Rank in course/Men: 57 (of 104)

Best time in course: 20:14

Rank in category: 3(of 5)

Best time in the category: 20:37