



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Betzga, Wolfgang

Club: Käfertal

Number: 337

Course: 5.57 km

6 km Run

Category:

Männer M45

Total time: 28:55

Speed: 10.37 km/h

Running performance: 5:11 min/km

Rank in course/Total: 65 (of 158)

Rank in course/Men: 60 (of 104)

Best time in course: 20:14

Rank in category: 8(of 15)

Best time in the category: 21:11