



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Schnell, Achim

Number: 241

Course: 5.57 km  
6 km Run

Category:  
Männer M50

Total time: 28:55

Speed: 10.37 km/h

Running performance: 5:11 min/km

Rank in course/Total: 66 (of 158)

Rank in course/Men: 61 (of 104)

Best time in course: 20:14

Rank in category: 5(of 9)

Best time in the category: 23:14