



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Heusel, Thomas**

Club: Partygemeinschaft Merkurweg

Number: 221

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 29:12

Speed: 10.27 km/h

Running performance: 5:14 min/km

Rank in course/Total: 69 (of 158)

Rank in course/Men: 63 (of 104)

Best time in course: 20:14

Rank in category: 9(of 16)

Best time in the category: 21:27