



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Marin Franco, Milton Cesar

Club: Los Super Amigos

Number: 332

Course: 5.57 km

6 km Run

Category:

Männer M30

Total time: 29:16

Speed: 10.25 km/h

Running performance: 5:15 min/km

Rank in course/Total: 70 (of 158)

Rank in course/Men: 64 (of 104)

Best time in course: 20:14

Rank in category: 4(of 5)

Best time in the category: 20:37