



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Steier, Lothar

Club: Mannheim

Number: 380

Course: 5.57 km

6 km Run

Category:

Männer M50

Total time: 30:09

Speed: 9.95 km/h

Running performance: 5:25 min/km

Rank in course/Total: 74 (of 158)

Rank in course/Men: 66 (of 104)

Best time in course: 20:14

Rank in category: 6(of 9)

Best time in the category: 23:14