



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Boehnke, Harald**

Club: Mannheim

Number: 711

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 40:15

Speed: 16.40 km/h

Running performance: 3:34 min/km

Rank in course/Total: 1 (of 182)

Rank in course/Men: 1 (of 135)

Best time in course: 40:15

Rank in category: 1(of 40)

Best time in the category: 40:15