



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Fregien, Gert**

Club: Mannheim

Number: 341

Course: 5.57 km

6 km Run

Category:

Männer M50

Total time: 30:28

Speed: 9.85 km/h

Running performance: 5:28 min/km

Rank in course/Total: 79 (of 158)

Rank in course/Men: 67 (of 104)

Best time in course: 20:14

Rank in category: 7(of 9)

Best time in the category: 23:14