



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

#### Biehler, Steffen

Club: Viernheim

Number: 385

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 30:54

Speed: 9.71 km/h

Running performance: 5:33 min/km

Rank in course/Total: 84 (of 158)

Rank in course/Men: 69 (of 104)

Best time in course: 20:14

Rank in category: 10(of 16)

Best time in the category: 21:27