



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Herold, Sascha**

Club: Waldschule Mannheim

Number: 254

Course: 5.57 km

6 km Run

Category:

männliche Jugend B

Total time: 31:26

Speed: 9.54 km/h

Running performance: 5:38 min/km

Rank in course/Total: 93 (of 158)

Rank in course/Men: 74 (of 104)

Best time in course: 20:14

Rank in category: 7(of 11)

Best time in the category: 22:35