



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Born, Raimund

Number: 220

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 31:30

Speed: 9.52 km/h

Running performance: 5:40 min/km

Rank in course/Total: 94 (of 158)

Rank in course/Men: 75 (of 104)

Best time in course: 20:14

Rank in category: 12(of 16)

Best time in the category: 21:27