



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Schmitt, Michael**

Club: Mannheim

Number: 229

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 32:10

Speed: 9.33 km/h

Running performance: 5:46 min/km

Rank in course/Total: 100 (of 158)

Rank in course/Men: 78 (of 104)

Best time in course: 20:14

Rank in category: 13(of 16)

Best time in the category: 21:27