



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Sauerland, Thomas

Club: LG MuLi

Number: 328

Course: 5.57 km

6 km Run

Category:

Männer M45

Total time: 32:14

Speed: 9.31 km/h

Running performance: 5:47 min/km

Rank in course/Total: 102 (of 158)

Rank in course/Men: 79 (of 104)

Best time in course: 20:14

Rank in category: 10(of 15)

Best time in the category: 21:11