



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Lüllich, Lars

Club: Mannheim

Number: 331

Course: 5.57 km

6 km Run

Category:

Männer M30

Total time: 32:17

Speed: 9.29 km/h

Running performance: 5:48 min/km

Rank in course/Total: 104 (of 158)

Rank in course/Men: 81 (of 104)

Best time in course: 20:14

Rank in category: 5(of 5)

Best time in the category: 20:37