



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Porath, Norbert

Club: Mannheim

Number: 231

Course: 5.57 km

6 km Run

Category:

Männer M45

Total time: 32:51

Speed: 9.13 km/h

Running performance: 5:54 min/km

Rank in course/Total: 106 (of 158)

Rank in course/Men: 82 (of 104)

Best time in course: 20:14

Rank in category: 11(of 15)

Best time in the category: 21:11