



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Tittebrandt, Thomas

Club: Mannheim

Number: 371

Course: 5.57 km

6 km Run

Category:

Männer M20

Total time: 33:06

Speed: 9.06 km/h

Running performance: 5:56 min/km

Rank in course/Total: 109 (of 158)

Rank in course/Men: 84 (of 104)

Best time in course: 20:14

Rank in category: 8(of 8)

Best time in the category: 20:14