



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Mayer, Roland**

Club: Löwenjäger Männerballett

Number: 218

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 33:35

Speed: 8.93 km/h

Running performance: 6:02 min/km

Rank in course/Total: 113 (of 158)

Rank in course/Men: 87 (of 104)

Best time in course: 20:14

Rank in category: 14(of 16)

Best time in the category: 21:27