



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Lombardo, Armin

Club: Soprema Team MTG Mannheim

Number: 563

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 44:02

Speed: 14.99 km/h

Running performance: 3:54 min/km

Rank in course/Total: 3 (of 182)

Rank in course/Men: 3 (of 135)

Best time in course: 40:15

Rank in category: 2(of 40)

Best time in the category: 40:15