



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Schaefer, Christoph

Club: Heddesheim

Number: 377

Course: 5.57 km

6 km Run

Category:

Männer M35

Total time: 34:13

Speed: 8.77 km/h

Running performance: 6:08 min/km

Rank in course/Total: 116 (of 158)

Rank in course/Men: 88 (of 104)

Best time in course: 20:14

Rank in category: 7(of 10)

Best time in the category: 21:38