



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Sapel, Christof

Club: Mannheim

Number: 339

Course: 5.57 km

6 km Run

Category:

Männer M45

Total time: 34:39

Speed: 8.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 119 (of 158)

Rank in course/Men: 91 (of 104)

Best time in course: 20:14

Rank in category: 13(of 15)

Best time in the category: 21:11