



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Mrogenda, Manfred

Club: Mannheim

Number: 236

Course: 5.57 km

6 km Run

Category:

Männer M45

Total time: 34:49

Speed: 8.62 km/h

Running performance: 6:15 min/km

Rank in course/Total: 121 (of 158)

Rank in course/Men: 93 (of 104)

Best time in course: 20:14

Rank in category: 14(of 15)

Best time in the category: 21:11