



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Gumbel, Markus

Club: Mannheim

Number: 386

Course: 5.57 km

6 km Run

Category:

Männer M35

Total time: 34:54

Speed: 8.60 km/h

Running performance: 6:16 min/km

Rank in course/Total: 123 (of 158)

Rank in course/Men: 94 (of 104)

Best time in course: 20:14

Rank in category: 8(of 10)

Best time in the category: 21:38