



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schweter, Bernhard

Club: Löwenjäger Männerballett

Number: 219

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 35:34

Speed: 8.43 km/h

Running performance: 6:23 min/km

Rank in course/Total: 126 (of 158)

Rank in course/Men: 96 (of 104)

Best time in course: 20:14

Rank in category: 15(of 16)

Best time in the category: 21:27