



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Delacroix, Olivier

Club: Heidelberg

Number: 514

Course: 11.30 km

11,3 km Run

Category:

Männer M30

Total time: 46:23

Speed: 14.23 km/h

Running performance: 4:06 min/km

Rank in course/Total: 5 (of 182)

Rank in course/Men: 5 (of 135)

Best time in course: 40:15

Rank in category: 1(of 6)

Best time in the category: 46:23