



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Weidenthaler, Ralf

Club: Sonntagskicker

Number: 501

Course: 11.30 km

11,3 km Run

Category:

Männer M20

Total time: 47:03

Speed: 14.03 km/h

Running performance: 4:10 min/km

Rank in course/Total: 8 (of 182)

Rank in course/Men: 8 (of 135)

Best time in course: 40:15

Rank in category: 1(of 12)

Best time in the category: 47:03