



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Heier, Stephan**

Club: H.B.n.e.V

Number: 569

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 47:13

Speed: 13.98 km/h

Running performance: 4:11 min/km

Rank in course/Total: 9 (of 182)

Rank in course/Men: 9 (of 135)

Best time in course: 40:15

Rank in category: 1(of 20)

Best time in the category: 47:13