



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Jones, George

Club: SG Stern Mannheim

Number: 240

Course: 5.57 km

6 km Run

Category:

Männer M50

Total time: 37:41

Speed: 7.96 km/h

Running performance: 6:46 min/km

Rank in course/Total: 138 (of 158)

Rank in course/Men: 101 (of 104)

Best time in course: 20:14

Rank in category: 9(of 9)

Best time in the category: 23:14