



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Vollmer, Dietmar

Club: Mannheim

Number: 556

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 47:46

Speed: 13.82 km/h

Running performance: 4:14 min/km

Rank in course/Total: 10 (of 182)

Rank in course/Men: 10 (of 135)

Best time in course: 40:15

Rank in category: 6(of 40)

Best time in the category: 40:15