



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Ermarth, Enzo

Club: Karlsternstiere

Number: 652

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 48:38

Speed: 13.57 km/h

Running performance: 4:18 min/km

Rank in course/Total: 12 (of 182)

Rank in course/Men: 11 (of 135)

Best time in course: 40:15

Rank in category: 2(of 20)

Best time in the category: 47:13