



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Schad, Andreas**

Club: Just Do It

Number: 553

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 48:58

Speed: 13.85 km/h

Running performance: 4:20 min/km

Rank in course/Total: 13 (of 182)

Rank in course/Men: 12 (of 135)

Best time in course: 40:15

Rank in category: 7(of 40)

Best time in the category: 40:15