



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Hugo, Dietmar

Club: Mannheim

Number: 533

Course: 11.30 km

11,3 km Run

Category:

Männer M35

Total time: 49:02

Speed: 13.46 km/h

Running performance: 4:20 min/km

Rank in course/Total: 14 (of 182)

Rank in course/Men: 13 (of 135)

Best time in course: 40:15

Rank in category: 2(of 16)

Best time in the category: 41:10