



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Braner, Jörg

Club: Mannheim

Number: 708

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 49:21

Speed: 13.37 km/h

Running performance: 4:22 min/km

Rank in course/Total: 16 (of 182)

Rank in course/Men: 15 (of 135)

Best time in course: 40:15

Rank in category: 9(of 40)

Best time in the category: 40:15