



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schwer, Bernd

Club: MC Ilvesheim

Number: 582

Course: 11.30 km

11,3 km Run

Category:

Männer M50

Total time: 49:36

Speed: 13.67 km/h

Running performance: 4:23 min/km

Rank in course/Total: 18 (of 182)

Rank in course/Men: 17 (of 135)

Best time in course: 40:15

Rank in category: 1(of 18)

Best time in the category: 49:36