



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Martin, Steffan

Club: MTM

Number: 707

Course: 11.30 km

11,3 km Run

Category:

Männer M20

Total time: 49:49

Speed: 13.25 km/h

Running performance: 4:25 min/km

Rank in course/Total: 19 (of 182)

Rank in course/Men: 18 (of 135)

Best time in course: 40:15

Rank in category: 2(of 12)

Best time in the category: 47:03