



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Hellwig, Bernd

Club: TSG Eisenberg

Number: 575

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 50:02

Speed: 13.19 km/h

Running performance: 4:26 min/km

Rank in course/Total: 20 (of 182)

Rank in course/Men: 19 (of 135)

Best time in course: 40:15

Rank in category: 3(of 20)

Best time in the category: 47:13