



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Oswald, Christian

Club: Bittersüß

Number: 541

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 50:08

Speed: 13.16 km/h

Running performance: 4:26 min/km

Rank in course/Total: 22 (of 182)

Rank in course/Men: 20 (of 135)

Best time in course: 40:15

Rank in category: 10(of 40)

Best time in the category: 40:15