



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Müßig, Rigo

Club: Ludwigshafen

Number: 573

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 50:19

Speed: 13.12 km/h

Running performance: 4:27 min/km

Rank in course/Total: 23 (of 182)

Rank in course/Men: 21 (of 135)

Best time in course: 40:15

Rank in category: 4(of 20)

Best time in the category: 47:13