



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Mechelke, Lars

Club: Berlin

Number: 511

Course: 11.30 km

11,3 km Run

Category:

Männer M20

Total time: 50:28

Speed: 13.08 km/h

Running performance: 4:28 min/km

Rank in course/Total: 25 (of 182)

Rank in course/Men: 23 (of 135)

Best time in course: 40:15

Rank in category: 3(of 12)

Best time in the category: 47:03