



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Schmädeke, Stefan

Club: Mannheim

Number: 535

Course: 11.30 km

11,3 km Run

Category:

Männer M35

Total time: 50:35

Speed: 13.05 km/h

Running performance: 4:29 min/km

Rank in course/Total: 26 (of 182)

Rank in course/Men: 24 (of 135)

Best time in course: 40:15

Rank in category: 3(of 16)

Best time in the category: 41:10