



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schlage-Seydlitz, Andreas

Club: no time to loose

Number: 584

Course: 11.30 km

11,3 km Run

Category:

Männer M50

Total time: 50:40

Speed: 13.03 km/h

Running performance: 4:29 min/km

Rank in course/Total: 28 (of 182)

Rank in course/Men: 26 (of 135)

Best time in course: 40:15

Rank in category: 3(of 18)

Best time in the category: 49:36