



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Hellwig, Jan**

Club: TSG Eisenberg

Number: 600

Course: 11.30 km

11,3 km Run

Category:

männliche Jugend B

Total time: 50:50

Speed: 12.98 km/h

Running performance: 4:30 min/km

Rank in course/Total: 31 (of 182)

Rank in course/Men: 29 (of 135)

Best time in course: 40:15

Rank in category: 1(of 2)

Best time in the category: 50:50