



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Austermann, Roland

Club: Der schnelle Papa

Number: 688

Course: 11.30 km

11,3 km Run

Category:

Männer M35

Total time: 50:57

Speed: 12.95 km/h

Running performance: 4:31 min/km

Rank in course/Total: 33 (of 182)

Rank in course/Men: 31 (of 135)

Best time in course: 40:15

Rank in category: 5(of 16)

Best time in the category: 41:10