



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Herzog, Harald**

Club: Mannheim

Number: 696

Course: 11.30 km

11,3 km Run

Category:

Männer M30

Total time: 51:03

Speed: 12.93 km/h

Running performance: 4:31 min/km

Rank in course/Total: 34 (of 182)

Rank in course/Men: 32 (of 135)

Best time in course: 40:15

Rank in category: 4(of 6)

Best time in the category: 46:23