



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Decher, Jacob

Club: Mannheim

Number: 217

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 41:15

Speed: 7.27 km/h

Running performance: 7:25 min/km

Rank in course/Total: 150 (of 158)

Rank in course/Men: 103 (of 104)

Best time in course: 20:14

Rank in category: 16(of 16)

Best time in the category: 21:27