



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schilling, Matthias

Club: RobinKruso

Number: 576

Course: 11.30 km

11,3 km Run

Category:

Männer M50

Total time: 51:18

Speed: 12.87 km/h

Running performance: 4:32 min/km

Rank in course/Total: 36 (of 182)

Rank in course/Men: 34 (of 135)

Best time in course: 40:15

Rank in category: 4(of 18)

Best time in the category: 49:36