



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schott, Ralf

Club: LG MuLi

Number: 557

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 51:23

Speed: 12.84 km/h

Running performance: 4:33 min/km

Rank in course/Total: 38 (of 182)

Rank in course/Men: 36 (of 135)

Best time in course: 40:15

Rank in category: 12(of 40)

Best time in the category: 40:15