



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Kempf, Thomas**

Club: Ludwigshafen

Number: 695

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 51:36

Speed: 12.79 km/h

Running performance: 4:34 min/km

Rank in course/Total: 40 (of 182)

Rank in course/Men: 37 (of 135)

Best time in course: 40:15

Rank in category: 13(of 40)

Best time in the category: 40:15