



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Warak, Uwe

Number: 212

Course: 5.57 km
6 km Run

Category:
Männer M35

Total time: 42:25

Speed: 7.07 km/h

Running performance: 7:37 min/km

Rank in course/Total: 153 (of 158)

Rank in course/Men: 104 (of 104)

Best time in course: 20:14

Rank in category: 10(of 10)

Best time in the category: 21:38