



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

noetzel, gerhard

Club: familienlauf

Number: 583

Course: 11.30 km

11,3 km Run

Category:

Männer M50

Total time: 52:36

Speed: 12.55 km/h

Running performance: 4:39 min/km

Rank in course/Total: 45 (of 182)

Rank in course/Men: 42 (of 135)

Best time in course: 40:15

Rank in category: 8(of 18)

Best time in the category: 49:36