



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Heinz, Thomas

Club: Neureuter-Automobile

Number: 546

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 52:49

Speed: 12.50 km/h

Running performance: 4:40 min/km

Rank in course/Total: 47 (of 182)

Rank in course/Men: 44 (of 135)

Best time in course: 40:15

Rank in category: 15(of 40)

Best time in the category: 40:15