



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Müller, Christoph

Club: TV Waldhof, Sonntagskicker305

Number: 509

Course: 11.30 km

11,3 km Run

Category:

Männer M20

Total time: 52:54

Speed: 12.48 km/h

Running performance: 4:41 min/km

Rank in course/Total: 48 (of 182)

Rank in course/Men: 45 (of 135)

Best time in course: 40:15

Rank in category: 4(of 12)

Best time in the category: 47:03