



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Krauss, Rolf

Club: Kurpfalz Team

Number: 594

Course: 11.30 km

11,3 km Run

Category:

Männer M55

Total time: 53:10

Speed: 12.41 km/h

Running performance: 4:43 min/km

Rank in course/Total: 49 (of 182)

Rank in course/Men: 46 (of 135)

Best time in course: 40:15

Rank in category: 2(of 12)

Best time in the category: 50:37