



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

wawrik, martin

Club: mannheim

Number: 574

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 54:01

Speed: 12.22 km/h

Running performance: 4:47 min/km

Rank in course/Total: 55 (of 182)

Rank in course/Men: 50 (of 135)

Best time in course: 40:15

Rank in category: 6(of 20)

Best time in the category: 47:13