



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Back, Roland

Club: Kurpfalz-Team

Number: 555

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 54:02

Speed: 12.21 km/h

Running performance: 4:47 min/km

Rank in course/Total: 56 (of 182)

Rank in course/Men: 51 (of 135)

Best time in course: 40:15

Rank in category: 18(of 40)

Best time in the category: 40:15