



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Gremm, Hans-Jürgen

Club: CNC Technik Hauck

Number: 657

Course: 11.30 km

11,3 km Run

Category:

Männer M50

Total time: 54:14

Speed: 12.17 km/h

Running performance: 4:48 min/km

Rank in course/Total: 58 (of 182)

Rank in course/Men: 53 (of 135)

Best time in course: 40:15

Rank in category: 11(of 18)

Best time in the category: 49:36