



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Pfenning, Alf

Club: Viernheim

Number: 566

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 54:25

Speed: 12.13 km/h

Running performance: 4:49 min/km

Rank in course/Total: 61 (of 182)

Rank in course/Men: 55 (of 135)

Best time in course: 40:15

Rank in category: 7(of 20)

Best time in the category: 47:13