



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Riffel, Holger

Club: WSV Sandhofen

Number: 655

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 54:26

Speed: 12.12 km/h

Running performance: 4:49 min/km

Rank in course/Total: 62 (of 182)

Rank in course/Men: 56 (of 135)

Best time in course: 40:15

Rank in category: 8(of 20)

Best time in the category: 47:13