



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Heinrich, Michael

Club: SV 98/07

Number: 680

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 54:38

Speed: 12.08 km/h

Running performance: 4:50 min/km

Rank in course/Total: 63 (of 182)

Rank in course/Men: 57 (of 135)

Best time in course: 40:15

Rank in category: 9(of 20)

Best time in the category: 47:13