



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Brechtel, Thomas**

Club: Mannheim

Number: 690

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 54:41

Speed: 12.07 km/h

Running performance: 4:50 min/km

Rank in course/Total: 64 (of 182)

Rank in course/Men: 58 (of 135)

Best time in course: 40:15

Rank in category: 10(of 20)

Best time in the category: 47:13