



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Rückert, Steffen

Club: BASF-Werkfeuerwehr

Number: 552

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 54:50

Speed: 12.04 km/h

Running performance: 4:51 min/km

Rank in course/Total: 66 (of 182)

Rank in course/Men: 60 (of 135)

Best time in course: 40:15

Rank in category: 20(of 40)

Best time in the category: 40:15