



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Maurer, Hans**

Club: TaeKwonDo-Club Mannheim

Number: 588

Course: 11.30 km

11,3 km Run

Category:

Männer M55

Total time: 54:58

Speed: 12.01 km/h

Running performance: 4:52 min/km

Rank in course/Total: 69 (of 182)

Rank in course/Men: 63 (of 135)

Best time in course: 40:15

Rank in category: 4(of 12)

Best time in the category: 50:37