



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Neureuther, Rolf

Club: Mannheim

Number: 691

Course: 11.30 km

11,3 km Run

Category:

Männer M50

Total time: 55:31

Speed: 11.89 km/h

Running performance: 4:55 min/km

Rank in course/Total: 70 (of 182)

Rank in course/Men: 64 (of 135)

Best time in course: 40:15

Rank in category: 12(of 18)

Best time in the category: 49:36