



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Schumacher, Jörg

Club: Karben

Number: 515

Course: 11.30 km

11,3 km Run

Category:

Männer M30

Total time: 55:31

Speed: 11.89 km/h

Running performance: 4:55 min/km

Rank in course/Total: 71 (of 182)

Rank in course/Men: 65 (of 135)

Best time in course: 40:15

Rank in category: 5(of 6)

Best time in the category: 46:23