



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Semling, Axel

Club: Mannheim

Number: 551

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 55:35

Speed: 11.87 km/h

Running performance: 4:55 min/km

Rank in course/Total: 73 (of 182)

Rank in course/Men: 67 (of 135)

Best time in course: 40:15

Rank in category: 21(of 40)

Best time in the category: 40:15