



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Arenz, Philipp**

Club: Mannheim

Number: 507

Course: 11.30 km

11,3 km Run

Category:

Männer M20

Total time: 55:49

Speed: 11.82 km/h

Running performance: 4:56 min/km

Rank in course/Total: 74 (of 182)

Rank in course/Men: 68 (of 135)

Best time in course: 40:15

Rank in category: 5(of 12)

Best time in the category: 47:03