



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Werlein, Andreas

Club: Laufftreff Karlstern

Number: 520

Course: 11.30 km

11,3 km Run

Category:

Männer M35

Total time: 55:49

Speed: 11.82 km/h

Running performance: 4:56 min/km

Rank in course/Total: 75 (of 182)

Rank in course/Men: 69 (of 135)

Best time in course: 40:15

Rank in category: 8(of 16)

Best time in the category: 41:10