



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schnell, Thomas

Club: Laktat

Number: 539

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 55:56

Speed: 11.80 km/h

Running performance: 4:57 min/km

Rank in course/Total: 77 (of 182)

Rank in course/Men: 71 (of 135)

Best time in course: 40:15

Rank in category: 22(of 40)

Best time in the category: 40:15