



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Schneider, Manfred**

Club: currere/laktat

Number: 586

Course: 11.30 km

11,3 km Run

Category:

Männer M55

Total time: 55:57

Speed: 11.80 km/h

Running performance: 4:57 min/km

Rank in course/Total: 78 (of 182)

Rank in course/Men: 72 (of 135)

Best time in course: 40:15

Rank in category: 5(of 12)

Best time in the category: 50:37