



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Keiz, Peter

Club: LG MuLi

Number: 587

Course: 11.30 km

11,3 km Run

Category:

Männer M55

Total time: 55:59

Speed: 11.79 km/h

Running performance: 4:57 min/km

Rank in course/Total: 79 (of 182)

Rank in course/Men: 73 (of 135)

Best time in course: 40:15

Rank in category: 6(of 12)

Best time in the category: 50:37