



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

noetzel, norbert

Club: familienlauf

Number: 572

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 56:11

Speed: 11.75 km/h

Running performance: 4:58 min/km

Rank in course/Total: 82 (of 182)

Rank in course/Men: 75 (of 135)

Best time in course: 40:15

Rank in category: 12(of 20)

Best time in the category: 47:13