



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Merkert, Dieter**

Club: Mannheim

Number: 554

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 56:56

Speed: 11.59 km/h

Running performance: 5:02 min/km

Rank in course/Total: 87 (of 182)

Rank in course/Men: 80 (of 135)

Best time in course: 40:15

Rank in category: 26(of 40)

Best time in the category: 40:15