



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Kuffler, Dieter

Club: LT Gazelle

Number: 687

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 57:13

Speed: 11.54 km/h

Running performance: 5:04 min/km

Rank in course/Total: 88 (of 182)

Rank in course/Men: 81 (of 135)

Best time in course: 40:15

Rank in category: 27(of 40)

Best time in the category: 40:15