



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Koziol, Joachim**

Club: Mannheim

Number: 580

Course: 11.30 km

11,3 km Run

Category:

Männer M50

Total time: 57:22

Speed: 11.50 km/h

Running performance: 5:05 min/km

Rank in course/Total: 90 (of 182)

Rank in course/Men: 83 (of 135)

Best time in course: 40:15

Rank in category: 14(of 18)

Best time in the category: 49:36