



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Thomas, Eckehardt

Club: Rolls angels

Number: 677

Course: 11.30 km

11,3 km Run

Category:

Männer M50

Total time: 58:16

Speed: 11.33 km/h

Running performance: 5:10 min/km

Rank in course/Total: 94 (of 182)

Rank in course/Men: 86 (of 135)

Best time in course: 40:15

Rank in category: 15(of 18)

Best time in the category: 49:36