



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Cochanski, Claus Robert**

Club: Mannheim

Number: 506

Course: 11.30 km

11,3 km Run

Category:

Männer M20

Total time: 58:57

Speed: 11.20 km/h

Running performance: 5:13 min/km

Rank in course/Total: 99 (of 182)

Rank in course/Men: 91 (of 135)

Best time in course: 40:15

Rank in category: 10(of 12)

Best time in the category: 47:03