



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Große-Wilde, Ralf

Club: LSV Ladenburg

Number: 645

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 59:20

Speed: 11.12 km/h

Running performance: 5:15 min/km

Rank in course/Total: 102 (of 182)

Rank in course/Men: 93 (of 135)

Best time in course: 40:15

Rank in category: 28(of 40)

Best time in the category: 40:15