



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Geipel, Tobias

Club: Kurpfalz-Team

Number: 558

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 59:51

Speed: 11.03 km/h

Running performance: 5:18 min/km

Rank in course/Total: 103 (of 182)

Rank in course/Men: 94 (of 135)

Best time in course: 40:15

Rank in category: 29(of 40)

Best time in the category: 40:15