



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Riha, Andreas

Club: Mannheim

Number: 678

Course: 11.30 km

11,3 km Run

Category:

Männer M65

Total time: 1:00:15

Speed: 10.95 km/h

Running performance: 5:20 min/km

Rank in course/Total: 106 (of 182)

Rank in course/Men: 95 (of 135)

Best time in course: 40:15

Rank in category: 1(of 3)

Best time in the category: 1:00:15