



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Gabriel, Michael**

Club: LG MuLi

Number: 644

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 1:00:50

Speed: 10.85 km/h

Running performance: 5:23 min/km

Rank in course/Total: 109 (of 182)

Rank in course/Men: 97 (of 135)

Best time in course: 40:15

Rank in category: 31(of 40)

Best time in the category: 40:15