



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Hohenadler, Hubert

Club: MC Ilvesheim

Number: 581

Course: 11.30 km

11,3 km Run

Category:

Männer M50

Total time: 1:01:18

Speed: 10.77 km/h

Running performance: 5:25 min/km

Rank in course/Total: 112 (of 182)

Rank in course/Men: 100 (of 135)

Best time in course: 40:15

Rank in category: 16(of 18)

Best time in the category: 49:36