



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Marek, Alexander

Club: Mannheim

Number: 525

Course: 11.30 km

11,3 km Run

Category:

Männer M35

Total time: 1:01:18

Speed: 10.77 km/h

Running performance: 5:25 min/km

Rank in course/Total: 113 (of 182)

Rank in course/Men: 101 (of 135)

Best time in course: 40:15

Rank in category: 10(of 16)

Best time in the category: 41:10