



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Hilbert, Werner

Club: LT Karlstern

Number: 591

Course: 11.30 km

11,3 km Run

Category:

Männer M55

Total time: 1:01:27

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 114 (of 182)

Rank in course/Men: 102 (of 135)

Best time in course: 40:15

Rank in category: 9(of 12)

Best time in the category: 50:37