



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Starck, Martin

Club: Mannheim

Number: 505

Course: 11.30 km

11,3 km Run

Category:

Männer M20

Total time: 1:01:39

Speed: 10.71 km/h

Running performance: 5:28 min/km

Rank in course/Total: 115 (of 182)

Rank in course/Men: 103 (of 135)

Best time in course: 40:15

Rank in category: 11(of 12)

Best time in the category: 47:03