



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Stefan, Heintz

Club: Mannheim

Number: 544

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 1:02:10

Speed: 10.62 km/h

Running performance: 5:30 min/km

Rank in course/Total: 117 (of 182)

Rank in course/Men: 104 (of 135)

Best time in course: 40:15

Rank in category: 32(of 40)

Best time in the category: 40:15