



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Franz, Matthias**

Club: Mannheim

Number: 589

Course: 11.30 km

11,3 km Run

Category:

Männer M55

Total time: 1:02:32

Speed: 10.55 km/h

Running performance: 5:32 min/km

Rank in course/Total: 122 (of 182)

Rank in course/Men: 109 (of 135)

Best time in course: 40:15

Rank in category: 10(of 12)

Best time in the category: 50:37