



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Steiner, Walter

Number: 714

Course: 11.30 km

11,3 km Run

Category:

Männer M55

Total time: 1:03:13

Speed: 10.44 km/h

Running performance: 5:35 min/km

Rank in course/Total: 126 (of 182)

Rank in course/Men: 111 (of 135)

Best time in course: 40:15

Rank in category: 11(of 12)

Best time in the category: 50:37