



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Friederich, Ingo

Club: Mannheim

Number: 562

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 1:03:16

Speed: 10.43 km/h

Running performance: 5:36 min/km

Rank in course/Total: 127 (of 182)

Rank in course/Men: 112 (of 135)

Best time in course: 40:15

Rank in category: 34(of 40)

Best time in the category: 40:15