



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Adelmann, Rolf**

Club: Mannheim

Number: 713

Course: 11.30 km

11,3 km Run

Category:

Männer M50

Total time: 1:04:31

Speed: 10.23 km/h

Running performance: 5:43 min/km

Rank in course/Total: 134 (of 182)

Rank in course/Men: 115 (of 135)

Best time in course: 40:15

Rank in category: 18(of 18)

Best time in the category: 49:36