



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Vogt, Bertram

Club: Weinheim

Number: 598

Course: 11.30 km

11,3 km Run

Category:

Männer M60

Total time: 1:04:55

Speed: 10.17 km/h

Running performance: 5:44 min/km

Rank in course/Total: 136 (of 182)

Rank in course/Men: 116 (of 135)

Best time in course: 40:15

Rank in category: 3(of 4)

Best time in the category: 56:26