



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

#### Bielemeier, Wolfgang

Club: SV Waldhof

Number: 693

Course: 11.30 km

11,3 km Run

Category:

Männer M60

Total time: 1:05:15

Speed: 10.11 km/h

Running performance: 5:46 min/km

Rank in course/Total: 141 (of 182)

Rank in course/Men: 119 (of 135)

Best time in course: 40:15

Rank in category: 4(of 4)

Best time in the category: 56:26