



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Lauf, Rico

Club: Mannheim

Number: 524

Course: 11.30 km

11,3 km Run

Category:

Männer M35

Total time: 1:05:16

Speed: 10.11 km/h

Running performance: 5:47 min/km

Rank in course/Total: 142 (of 182)

Rank in course/Men: 120 (of 135)

Best time in course: 40:15

Rank in category: 15(of 16)

Best time in the category: 41:10