



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Loenhardt, Joachim

Club: SCA Mannheim

Number: 654

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 1:05:38

Speed: 10.33 km/h

Running performance: 5:49 min/km

Rank in course/Total: 147 (of 182)

Rank in course/Men: 121 (of 135)

Best time in course: 40:15

Rank in category: 18(of 20)

Best time in the category: 47:13