



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Strobel, Jörg**

Club: rolls angels

Number: 536

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 1:05:57

Speed: 10.01 km/h

Running performance: 5:50 min/km

Rank in course/Total: 149 (of 182)

Rank in course/Men: 122 (of 135)

Best time in course: 40:15

Rank in category: 35(of 40)

Best time in the category: 40:15