



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Fischer, Uwe**

Club: Mannheim

Number: 564

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 1:05:58

Speed: 10.01 km/h

Running performance: 5:50 min/km

Rank in course/Total: 150 (of 182)

Rank in course/Men: 123 (of 135)

Best time in course: 40:15

Rank in category: 19(of 20)

Best time in the category: 47:13