



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Weißbrodt, Heinz

Club: TSG Maxdorf

Number: 697

Course: 11.30 km

11,3 km Run

Category:

Männer M70

Total time: 1:09:24

Speed: 9.51 km/h

Running performance: 6:08 min/km

Rank in course/Total: 157 (of 182)

Rank in course/Men: 125 (of 135)

Best time in course: 40:15

Rank in category: 1(of 1)

Best time in the category: 1:09:24