



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Kossmann, Michael

Club: Mannheim

Number: 542

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 1:09:42

Speed: 9.47 km/h

Running performance: 6:10 min/km

Rank in course/Total: 158 (of 182)

Rank in course/Men: 126 (of 135)

Best time in course: 40:15

Rank in category: 37(of 40)

Best time in the category: 40:15