



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schilling, Alexander

Club: Mannheim

Number: 512

Course: 11.30 km

11,3 km Run

Category:

Männer M30

Total time: 1:09:47

Speed: 9.46 km/h

Running performance: 6:11 min/km

Rank in course/Total: 159 (of 182)

Rank in course/Men: 127 (of 135)

Best time in course: 40:15

Rank in category: 6(of 6)

Best time in the category: 46:23