



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Schneyinck, Herbert**

Club: Wülfrath

Number: 599

Course: 11.30 km

11,3 km Run

Category:

Männer M65

Total time: 1:10:13

Speed: 9.40 km/h

Running performance: 6:13 min/km

Rank in course/Total: 161 (of 182)

Rank in course/Men: 128 (of 135)

Best time in course: 40:15

Rank in category: 3(of 3)

Best time in the category: 1:00:15