



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Pfeifenroth, Matthias

Club: Mannheim

Number: 649

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 1:11:33

Speed: 9.22 km/h

Running performance: 6:20 min/km

Rank in course/Total: 166 (of 182)

Rank in course/Men: 129 (of 135)

Best time in course: 40:15

Rank in category: 38(of 40)

Best time in the category: 40:15