



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Schliemann, Rainer**

Club: Benny goes Mathe

Number: 650

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 1:12:31

Speed: 9.10 km/h

Running performance: 6:25 min/km

Rank in course/Total: 170 (of 182)

Rank in course/Men: 131 (of 135)

Best time in course: 40:15

Rank in category: 40(of 40)

Best time in the category: 40:15