



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Gropp, Paul

Club: Mannheim

Number: 500

Course: 11.30 km

11,3 km Run

Category:

Männer M20

Total time: 1:14:28

Speed: 8.86 km/h

Running performance: 6:35 min/km

Rank in course/Total: 171 (of 182)

Rank in course/Men: 132 (of 135)

Best time in course: 40:15

Rank in category: 12(of 12)

Best time in the category: 47:03