



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Kapp, Dieter

Club: Mannheim

Number: 682

Course: 11.30 km

11,3 km Run

Category:

Männer M45

Total time: 1:15:44

Speed: 8.71 km/h

Running performance: 6:42 min/km

Rank in course/Total: 172 (of 182)

Rank in course/Men: 133 (of 135)

Best time in course: 40:15

Rank in category: 20(of 20)

Best time in the category: 47:13