



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schreiner, Wolfgang

Club: Nordbadenlaufftreff

Number: 590

Course: 11.30 km

11,3 km Run

Category:

Männer M55

Total time: 1:20:31

Speed: 8.20 km/h

Running performance: 7:08 min/km

Rank in course/Total: 176 (of 182)

Rank in course/Men: 134 (of 135)

Best time in course: 40:15

Rank in category: 12(of 12)

Best time in the category: 50:37