



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Quick, Andreas

Club: Mannheim

Number: 534

Course: 11.30 km

11,3 km Run

Category:

Männer M35

Total time: 1:37:19

Speed: 6.78 km/h

Running performance: 8:37 min/km

Rank in course/Total: 182 (of 182)

Rank in course/Men: 135 (of 135)

Best time in course: 40:15

Rank in category: 16(of 16)

Best time in the category: 41:10