



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schäfer, Martin

Club: Schwaikheim

Number: 206

Course: 5.57 km

6 km Run

Category:

Männer M20

Total time: 20:14

Speed: 14.83 km/h

Running performance: 3:38 min/km

Rank in course/Total: 1 (of 158)

Rank in course/Men: 1 (of 104)

Best time in course: 20:14

Rank in category: 1(of 8)

Best time in the category: 20:14