



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Forstner, Timo**

Club: TSV 05 Rot

Number: 209

Course: 5.57 km

6 km Run

Category:

Männer M30

Total time: 20:37

Speed: 14.55 km/h

Running performance: 3:42 min/km

Rank in course/Total: 2 (of 158)

Rank in course/Men: 2 (of 104)

Best time in course: 20:14

Rank in category: 1(of 5)

Best time in the category: 20:37