



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Vick, Jürgen

Club: TV Rheinau 1893

Number: 207

Course: 5.57 km

6 km Run

Category:

Männer M30

Total time: 20:41

Speed: 14.50 km/h

Running performance: 3:43 min/km

Rank in course/Total: 3 (of 158)

Rank in course/Men: 3 (of 104)

Best time in course: 20:14

Rank in category: 2(of 5)

Best time in the category: 20:37