



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Hergert, Axel

Club: TSV MA - Schönau

Number: 226

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 21:27

Speed: 13.99 km/h

Running performance: 3:51 min/km

Rank in course/Total: 6 (of 158)

Rank in course/Men: 6 (of 104)

Best time in course: 20:14

Rank in category: 1(of 16)

Best time in the category: 21:27