



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Mainzer, Michael**

Club: Mannheim

Number: 228

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 22:39

Speed: 13.25 km/h

Running performance: 4:04 min/km

Rank in course/Total: 10 (of 158)

Rank in course/Men: 10 (of 104)

Best time in course: 20:14

Rank in category: 2(of 16)

Best time in the category: 21:27