



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Hörner, Niels**

Club: Wald+Sportkiga Mannheim

Number: 205

Course: 5.57 km

6 km Run

Category:

Männer M20

Total time: 22:45

Speed: 13.19 km/h

Running performance: 4:05 min/km

Rank in course/Total: 12 (of 158)

Rank in course/Men: 12 (of 104)

Best time in course: 20:14

Rank in category: 3(of 8)

Best time in the category: 20:14