



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Winckler, Walter

Club: Mannheim

Number: 340

Course: 5.57 km

6 km Run

Category:

Männer M45

Total time: 22:45

Speed: 13.19 km/h

Running performance: 4:05 min/km

Rank in course/Total: 13 (of 158)

Rank in course/Men: 13 (of 104)

Best time in course: 20:14

Rank in category: 2(of 15)

Best time in the category: 21:11