



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Schurr, Manfred

Club: TSV MA - Schönau

Number: 234

Course: 5.57 km

6 km Run

Category:

Männer M45

Total time: 22:48

Speed: 13.16 km/h

Running performance: 4:05 min/km

Rank in course/Total: 14 (of 158)

Rank in course/Men: 14 (of 104)

Best time in course: 20:14

Rank in category: 3(of 15)

Best time in the category: 21:11