



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Wirth, Klaus

Club: Reiss-Engelhorn-Museen

Number: 232

Course: 5.57 km

6 km Run

Category:

Männer M45

Total time: 22:53

Speed: 13.11 km/h

Running performance: 4:07 min/km

Rank in course/Total: 15 (of 158)

Rank in course/Men: 15 (of 104)

Best time in course: 20:14

Rank in category: 4(of 15)

Best time in the category: 21:11