



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Hochhaus, Jürgen

Club: DJK Käfertal-Waldhof

Number: 225

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 23:04

Speed: 13.01 km/h

Running performance: 4:08 min/km

Rank in course/Total: 16 (of 158)

Rank in course/Men: 16 (of 104)

Best time in course: 20:14

Rank in category: 3(of 16)

Best time in the category: 21:27