



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Hörner, Lars

Club: Wald+Sportkiga Mannheim

Number: 204

Course: 5.57 km

6 km Run

Category:

Männer M20

Total time: 23:12

Speed: 12.93 km/h

Running performance: 4:10 min/km

Rank in course/Total: 17 (of 158)

Rank in course/Men: 17 (of 104)

Best time in course: 20:14

Rank in category: 4(of 8)

Best time in the category: 20:14