



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Helm, Oliver

Club: Mannheim

Number: 333

Course: 5.57 km

6 km Run

Category:

Männer M35

Total time: 23:16

Speed: 12.89 km/h

Running performance: 4:11 min/km

Rank in course/Total: 19 (of 158)

Rank in course/Men: 19 (of 104)

Best time in course: 20:14

Rank in category: 2(of 10)

Best time in the category: 21:38