



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Rütermann, Tim

Club: Mannheim

Number: 248

Course: 5.57 km

6 km Run

Category:

männliche Jugend A

Total time: 23:19

Speed: 12.87 km/h

Running performance: 4:11 min/km

Rank in course/Total: 20 (of 158)

Rank in course/Men: 20 (of 104)

Best time in course: 20:14

Rank in category: 3(of 4)

Best time in the category: 21:59