



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Biehler, Andreas

Club: Just 4me

Number: 346

Course: 5.57 km

6 km Run

Category:

Männer M45

Total time: 23:19

Speed: 12.87 km/h

Running performance: 4:11 min/km

Rank in course/Total: 21 (of 158)

Rank in course/Men: 21 (of 104)

Best time in course: 20:14

Rank in category: 5(of 15)

Best time in the category: 21:11