



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Decker, Wolfgang

Club: 1. FC Kaiserslautern

Number: 246

Course: 5.57 km

6 km Run

Category:

Männer M65

Total time: 23:49

Speed: 12.60 km/h

Running performance: 4:17 min/km

Rank in course/Total: 23 (of 158)

Rank in course/Men: 23 (of 104)

Best time in course: 20:14

Rank in category: 1(of 2)

Best time in the category: 23:49