



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Blöh, Wolfgang**

Club: TSV MA - Schönau

Number: 243

Course: 5.57 km

6 km Run

Category:

Männer M50

Total time: 25:22

Speed: 11.83 km/h

Running performance: 4:33 min/km

Rank in course/Total: 26 (of 158)

Rank in course/Men: 26 (of 104)

Best time in course: 20:14

Rank in category: 2(of 9)

Best time in the category: 23:14