



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Lombardo, Massimiliano

Club: SV Waldhof Handball --7--

Number: 274

Course: 5.57 km

6 km Run

Category:

männliche Schüler A

Total time: 25:23

Speed: 11.82 km/h

Running performance: 4:34 min/km

Rank in course/Total: 27 (of 158)

Rank in course/Men: 27 (of 104)

Best time in course: 20:14

Rank in category: 2(of 9)

Best time in the category: 23:34