



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

moritz, günter

Club: Mannheim

Number: 235

Course: 5.57 km

6 km Run

Category:

Männer M45

Total time: 26:08

Speed: 11.48 km/h

Running performance: 4:41 min/km

Rank in course/Total: 36 (of 158)

Rank in course/Men: 35 (of 104)

Best time in course: 20:14

Rank in category: 6(of 15)

Best time in the category: 21:11