



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Geist, Marco**

Club: Spvgg Ildesheim

Number: 383

Course: 5.57 km

6 km Run

Category:

männliche Schüler B

Total time: 26:25

Speed: 11.36 km/h

Running performance: 4:44 min/km

Rank in course/Total: 42 (of 158)

Rank in course/Men: 41 (of 104)

Best time in course: 20:14

Rank in category: 6(of 13)

Best time in the category: 25:27