



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Heinrich, Lars

Club: SV 98/07

Number: 368

Course: 5.57 km

6 km Run

Category:

männliche Schüler B

Total time: 26:28

Speed: 11.34 km/h

Running performance: 4:45 min/km

Rank in course/Total: 44 (of 158)

Rank in course/Men: 43 (of 104)

Best time in course: 20:14

Rank in category: 7(of 13)

Best time in the category: 25:27