



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Ehrenberger, Reinhard

Club: TV Bad Rappenau

Number: 245

Course: 5.57 km

6 km Run

Category:

Männer M50

Total time: 26:59

Speed: 11.12 km/h

Running performance: 4:50 min/km

Rank in course/Total: 46 (of 158)

Rank in course/Men: 44 (of 104)

Best time in course: 20:14

Rank in category: 3(of 9)

Best time in the category: 23:14