



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Muth, Alexander

Club: Mosch & Fraus  
Number: 304

Course: 6.00 km  
6 km Run

Category:  
Männer M35

Total time: 30:00

Speed: 12.00 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 41 (of 174)

Rank in course/Men: 35 (of 92)

Best time in course: 22:06

Rank in category: 3(of 8)

Best time in the category: 22:56