



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Heinrich, Thomas

Club: Mannemer Volley Dolls
Number: 241

Course: 6.00 km
6 km Run

Category:
Männer M45

Total time: 30:09

Speed: 11.94 km/h
Running performance: 5:02 min/km

Rank in course/Total: 43 (of 174)

Rank in course/Men: 36 (of 92)

Best time in course: 22:06

Rank in category: 9(of 23)

Best time in the category: 23:49