



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Rivkin Haag, Rüdiger

Club: Mannheim  
Number: 380

Course: 6.00 km  
6 km Run

Category:  
Männer M40

Total time: 30:44

Speed: 11.71 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 48 (of 174)

Rank in course/Men: 38 (of 92)

Best time in course: 22:06

Rank in category: 5(of 12)

Best time in the category: 22:21