



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Hellwig, Lars

Club: TSV Göllheim  
Number: 243

Course: 6.00 km  
6 km Run

Category:  
männliche Schüler A

Total time: 30:45

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

Rank in course/Total: 49 (of 174)

Rank in course/Men: 39 (of 92)

Best time in course: 22:06

Rank in category: 5(of 11)

Best time in the category: 24:19